



Soft in the middle
POEMS BY SHELBY EILEEN

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Shelby Eileen

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"there are so many words I've left unsaid
so instead of going another year or five or ten
in brutal, crushing silence
don't waste this opportunity
don't be scared when the full weight of my heart
tests the strength of your hands
I'm trusting you with something I barely trust myself with
this knowing
this telling
this momentous uprooting
I'm here
I am
I am right here in these words"

A debut poetry collection about love, heartbreak, body image, how absolutely breathtaking girls are, flower blooms and starlight.

soft in the middle Details

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Author : Shelby Eileen

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From Reader Review soft in the middle for online ebook

McKayla Debonis says

Everyone needs this collection!!

All I can say is, WOW.

This collection is so painfully beautiful, it spoke to me so much, I'm just so in love with everything SITM has to offer!

Elysia says

2.5

I think that this collection, for the most part wasn't for me; I can't really relate to the romantic & sexual relationships discussed in this collection, as I haven't really ever had these experiences, or desired to have them. I think this collection could be really good for others, but just not for me.

I did like some of the poems relating to identity and mental health though.

Chandra says

This is the first collection of poetry that I've ever been able to relate to. Shelby has such a way with words and is able to bring them together beautifully.

may 🏳️ says

this is my first 2-star in months and I'm... really sad about it? I know that everyone's experiences and stories are different, but I just kept **feeling like I had read most of the poems before**

I think this has some great messages about being fat and being queer, and there are some really beautiful lines, but **it just didn't resonate with me as a whole**

some poems were super short, which I personally don't like, some poems confused me, and overall the poems were just all over the place for me

maybe I'm outgrowing "tumblr-esque" poetry or maybe I'm just not the person this author wrote this book for but ͡°(?)͡°

*the world stacks the cons of being soft but that doesn't stop me from reaching for the clouds
while embodying them too*

Elke says

This absolutely broke me. I'm.. I don't know what to do except go in and read it all over again. Maybe take notes, maybe make art. Let it wash all over me. I won't be able to say any coherent things about this (yet?) except that an incredible thing that happened was that even if I had the feeling that a poem was maybe not for me or about me, there were almost always a couple of lines that did resonate with me. Like I could see myself everywhere, even if I didn't have to? I don't know.

Available as ebook for \$1 (<https://www.amazon.com/soft-middle-Sh...>) and it's probably the best money I spent this month

Aleksandra says

No rating.

I couldn't connect and I didn't care. While I appreciate this poetry collection for talking about all of those important things, I didn't feel anything.

Poetry might not be my thing or I'm not in a mood to read poetry. I might revisit this collection later.

Shan(Littleirishbookcat) says

Full review now posted on My Blog

Trigger warnings- emotional abuse, fatphobia, internalized fatphobia.

WHOEVER made me think that love and sex were inevitable

did more damage than

whoever made me feel that being fat would stand in the way of being beautiful

did more damage than

whoever made me feel like loving myself was selfish and becoming

did more damage than

whoever made me think that as a girl I could only have feelings for boys

- Soft in the middle by Shelby Eileen

Honestly I've no words to describe how much this poetry collection meant to me. That verse alone describes

everything.

Heather says

I identify with so much of what Shelby has put down on paper. I think that recognizing yourself in someone else's words is a beautiful thing.

Samantha says

wow. so many of these were so powerful and emotional and I truly just /felt/ them inside.

Romie says

*I'm worthy of being a witness to beauty
the stars shine for me too*

This collection got me so soft. Damn.

I read it in one sitting, with a blanket around me, feeling comfortable and ready to dive into something deep and meaningful. That's exactly what I got. I don't know exactly how to describe how I felt, but I was hooked from the first page, the first line.

It's a pretty poetry collection about loving your body, your wounds, your own heart and feelings. It's about queer love, self love, all kind of loves.

Please, more?

4.5

Bobbieshiann says

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whoever made me think that loving myself was selfish and unbecoming

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whoever made me think that as a girl i could only have feelings for boys

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whoever made me think that my gender was as simple as this. or that.

did more damage than

whoever made me think that it was more important for others to be happy with who i pretended to be rather than me being happy with who i really am

Fadwa (Word Wonders) says

Actual rating: 4.5 stars

Original review posted on my blog : Word Wonders

Soft in the Middle owns my heart and soul and I owe it (and Shelby by extension) SO MUCH. I read this collection at a time in my life where I was heartbroken, miserable, and had hit my lowest of lows. I picked it off my shelf on a whim because I needed something soft and the title promises that and I just wanted poetry I could see myself in and I hoped this would be it. And to be completely honest, it made me cry my eyes out, plain and simple.

This collection speaks of sapphic feels, fat girls with soft hearts and bodies, heartbreak and healing. It's made me feel seen, and loved, and wrapped in a huge cloud of softness, so it deserves its title. It made me feel seen in my feelings, positive and negative, in my heartbreak, in my trying and failing at healing but never stopping. It also made me feel less alone in my sadness, the one that creeps up on me sometimes when I least expect it, it made me feel less abnormal for sometimes feelings so utterly broken. And for that i'm forever grateful.

Soft in the Middle left me with so many feelings. And I think that's the point of poetry, it's to make you feel. So really, this did its job and beautifully so. I randomly go back from time to time, open it to one of my MANY tabbed poems and reread it, because this collection is an experience all on its own, one that never gets old no matter how many times I keep going back to it. For me, this was definitely a case of right book at the right time, but I genuinely think I would've loved it no matter when I read it, because the ways in which I could relate to it are things I will probably carry with me throughout my whole life.

This review turned out to be A LOT more personal than I expected to be and I think this is why I ended up enjoying Soft in the Middle more than Goddess of the Hunt, it felt more personal, pushed at my buttons and left me raw and emotional. But I think that both are definitely worth the read.

Chasia Lloyd says

Beautiful and raw

Poetry will always fill holes I didn't know I had. Shelby Eileen is a new favorite. This volume is about romantic longing and self-love, long distances and fat girls. What a gorgeous book.

pi says

What a beautiful collection of poems about self-love & self-hate, emotional abuse, heartbreak, body image, and loving girls ?

Clare Snow says

Bring me my scalpel,
I have no need of sutures.
My words are so sharp.

seriously, word
association does not
make free verse, does it?

nor does one sentence
feeling lonesome. white space - good
for graphic design.

but tell me more
about those paragraphs
that shit me so.

and i've heard of this
new thing called punctuation.
it's really helpful;

especially when
your poem changes from she to
I, in the (soft) middle

And confuses the Hell outta me.

also, if you shun
capitals except for "I"
and "God," i ask why?

Well, sometimes I lie.
One poem got me well enough:
two hundred and ten

That's the location.

Without titles or pages -
bloody kindle books.
