All the broken pieces of my heart

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Snakes and Stones never broke my bones

Taylor Swift

All the broken pieces of my heart

For all who feel the intensity of the world on their shoulders.
For all who are told that they feel too much, think too much and love too much.
For all who read poetry and books to simply feel understood.

This is for you.

You are never too much for anybody. Your capacity to feel emotions is magical.

And I’m proud to be one of you.

All the broken pieces of my heart

All the broken pieces of my heart is about falling in love with others and myself. It's the process of breaking apart, breaking other people's heart, breaking my own heart and getting my heart broken. I started writing this book when I was 13 and it reflects on all the people I met, the memories we share and the pain and hurt that sometimes come with love. After it all I decided to see my heart as a puzzle of pieces. A mosaic, because all of these pieces were unique, colourful and told their own story.

It's also about healing. Healing all the parts of myself that I never knew needed healing. Healing friendships, relationships and most importantly, the relationship with myself.

It's a book about life, sunsets, snow on windows in December, art, love, fingertips on your body in the middle of the night and friendship. It's a book that finds you at 3 am in the morning when you feel the weight of the world on your shoulders bringing you down.

This book is supposed to show you that there is falling, breaking and always healing. Breaking is just a chapter, not the whole book. One chapter does not define your story. You deserve the healing.

I hope this book finds you in your darkest hour. Remember, there is always light at the end of the tunnel.

I hope you find peace with all your broken pieces.

No matter how long it takes.

I'm proud of you.

And I hope someday you can be too.

Playlist

(Songs I listen to while I am crying, dancing, kissing and writing. Figure it out on your own)

You're On Your Own, kid – Taylor Swift
Cherry – Lana Del Rey
everything i wanted – Billie Eilish
Do I Wanna Know? – Arctic Monkeys
Dark Paradise – Lana Del Rey
Vertigo – Edwin Rosen
we fell in love in october- girl in red
Will you cry? – Gracie Abrams
forgive the world – Nessa Barrett
favorite crime – Olivia Rodrigo
July – Noah Cyrus
West Coast – Lana Del Rey
Lose You To Love Me – Selena Gomez
my tears ricochet – Taylor Swift
Die 4 Me – Halsey
Wenn die Party vorbei ist – Provinz
cardigan – Taylor Swift
Grüne Augen lügen nicht – JEREMIAS
Elastic Heart – Sia
Would've, Could've, Should've – Taylor Swift
Work Song – Hozier
evermore – Taylor Swift, Bon Iver
Devotion – Ellie Goulding
Memories – Conan Gray
Healing – FLETCHER
this is me trying – Taylor Swift
I know it won't work – Gracie Abrams
Verrückt - JEREMIAS

1. The Falling

2. The Breaking

3. The Healing

The Falling

I think

I will never regret
something as much
as not kissing you
that September night
under those sparkling stars
I can’t explain it
But your eyes looked like
shooting stars
with all my wishes

I should have told you
but I didn’t
Now that moment will remain in my memory

as the night where the sky was never more beautiful
than in your eyes

Darling
You are so effortlessly yourself
that is what terrifies them

You said my body is to die for
but why don’t you die
for the beauty of my soul?

I didn’t like you because of your looks
I liked you because you loved to take pictures
of landscapes
your friends
places
and moments
You looked at the world through a lens
and captured it all in its colorful and most
beautiful moments
I got lost in the thought
that maybe one day
you would like to take a picture of us too

- *I wanted to see the world through your eyes*

He took my hand and whispered
„I want you despite what you went through''
and I fell in love
with someone who saw the darkness inside of me
but still decided to look at me like I am the sun

- *I think I'm his sunshine now*