



# Looking Over My Shoulder: One Day in the Elevator and Welcome to Anhedonia

*W. H. Shirk*

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## **Looking Over My Shoulder: One Day in the Elevator and Welcome to Anhedonia** W. H. Shirk

W. H. Shirk has witnessed life at its best and at its worst in his years serving as a pastor and hospital chaplain. In the first of two collections of poems, Shirk shares poignant, honest, and sometimes amusing snapshots that shine a light on a variety of subjects including career ministry, children, gardening, hunting, headaches, and more. In the second collection, he chronicles his personal spiritual journey beginning in a troubled and broken home leading to the churches and hospitals of western Pennsylvania all the while feeling himself increasingly estranged from God. Along the way, he enters Anhedonia—a strange, bland world where joy and satisfaction are unknown.

In richly detailed lyrical verse, Shirk provides an emotional glimpse into his struggle solving the family puzzle in his recall of the past, eventually finding forgiveness, peace, and the strength to move forward into a richer experience of life. *Looking Over My Shoulder* shares a pastor's insightful poetry as he strives with and finally makes peace with God, learning that in life we can only do the best that we can.

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