

# IN TOUCH WITH EVERY EMOTION

*Poetry of Inspiration,  
Family, Love, And Life*

By  
Markess A. Wilder



# ABOUT ME

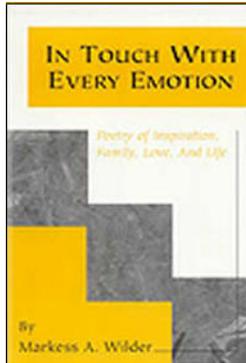
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Born just outside of Cincinnati, Ohio in 1968, I began a destined adventure. Having tackled the trials and triumphs of the urban jungle, my ultimate escape was creativity. What soon emerged was an artistry for written expression to share my vast and varied experiences. Entering the poetry world through internet African-American-centric sites, I quickly established a respected reputation and amassed a faithful following. I pride my work on its universal appeal.

To everyone that has journeyed with me, thank you. The constant words of wisdom and encouragement inspired me to bring my dream to fruition, this book. For all my new friends, I know you will find redemption in love, life, faith and spirit in the sampling of my poems listed on the [SAMPLE](#) link above. I hope you allow my words to touch your mind, heart and soul. I also hope you find it worthy of your purchase and a place among your literary collection.

Thank you again for the chance to put you...

**IN TOUCH WITH EVERY EMOTION.**



## ABOUT THE BOOK

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In Touch With Every Emotion is a composition of sixty-one poems that transcend gender, culture, age and race. Although autobiographical in concept, it is universal in appeal.

In Touch With Every Emotion encompasses the emotional spectrum of the human experience: the richness of spirituality, the boldness of family strength, the dichotomous pains and pleasures of love, the awakening of self-discovery, and countless other nuances of life. That one feeling you can't quite put into words or describe, I have captured it in one of my poems, guaranteed.

Brightly colored and paperback, In Touch With Every Emotion is the perfect bedside companion, coffee table adornment or topic of discussion.

African-Americans have a long, renowned history telling life lessons through oral tradition. From song lyrics to preaching, African-Americans have found sanctuary in sharing both the joys and miseries of their lives through rhyme. Passing along tales of truth, survival and wisdom is a gift that my forefather's have passed on to me.

I continue that treasured history with the depth and introspection I pour into my poems. Reverence for the "Simple Things" and a "Mother's Glue" and being able to say "Sista...I'm Sorry" (all are featured poems) are a few of the life journeys I share, keeping with tradition.

In Touch With Every Emotion is truly one of a kind and a joy to all that read it.

Now, if you're ready, open the door to your heart, and let me put you...

"IN TOUCH WITH EVERY EMOTION."

# POEM TITLES

Below is a list of ALL the great poems contained within IN TOUCH WITH EVERY EMOTION. They range from a wide variety of emotional experiences. I'm sure there is at least one you can relate. I'm sure by now you're ready to place an order so you can read all 61 poems. *So what are you waiting for? Get The Book, And Get "IN TOUCH"!*

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## FAMILY

- 1) MOTHER'S GLUE\*
- 2) DADDY'S LITTLE GIRL
- 3) WHO PROTECTS THE CHILD?

## INSPIRATIONAL

- 4) TEACHER-TEACHER
- 5) CHRISTMAS IS
- 6) SIMPLE THINGS
- 7) FATE
- 8) IN A SPECIAL WAY\*
- 9) HE HAS GIVEN
- 10) THE ONE\*
- 11) MY FATE IS IN GOD'S HANDS

## LOVE/RELATIONSHIP

- 12) YOU NEVER KNOW
- 13) SO MANY TIMES
- 14) A LOVER'S PRAYER
- 15) PLAYA PLAYA

- 16) SISTA... I'M SORRY\*
- 17) MY LADIES LOVE
- 18) I APOLOGIZE
- 19) WELL... DO I?
- 20) GETTING TOGETHER
- 21) MY BODY
- 22) SKIN DEEP
- 23) LOVE AT FIRST SITE
- 24) IN MY DREAMS
- 25) LOVE'S LONELY OCEAN
- 26) HOW CAN YOU SAY YOU LOVE ME?
- 27) AS BEST I CAN
- 28) PATIENCE
- 29) YOUR SUPERMAN
- 30) MEN DON'T CRY\*
- 31) FIT FOR A KING
- 32) PROMISES... PROMISES\*
- 33) CAREFUL WHAT YOU WISH FOR\*

- 34) A BETTER WORD
- 35) ONE TRUE LOVE
- 36) A HARD TIME SAYING IT\*
- 37) ANYTHING AND EVERYTHING
- 38) YOU DON'T HAVE TO
- 39) NO ONE TO
- 40) YOU'LL ALWAYS HAVE MY HEART
- 41) WITH ALL MY HEART
- 42) POT OF GOLD
- 43) NEVER BREAK YOUR HEART
- 44) WHILE I'M AWAKE
- 45) ABOUT LOVE
- 46) MISPLACED LOVE
- 47) SUPERFICIAL EYES
- 48) WHERE THERE'S HIS WILL
- 49) 3 WISHES
- 50) OVER YOU
- 51) LETTING THEM GO
- 52) I DARE YOU
- 53) HOW CAN I
- 54) REMEMBERIES OF LOVE
- 55) MY CONFESSION\*
- 56) TALK TO ME
- 57) OVER AND UNDER
- 58) STRONG LOVE
- 59) BETTER WITHOUT ME
- 60) ENOUGH'S ENOUGH
- 61) I DO\*

# THE ONE

When times get rough, I still stay strong.

I can't begin to count the times in my life that something has gone wrong.

It's been a constant battle, but from problems I won't run.

I endure, through more by giving all praises to THE ONE.

In the worst of times I keep pushing ahead.

Saying to myself it could be worse, I could be dead.

But each morning when I rise to see the sun.

I start my day by giving all praises to THE ONE.

Now you may think your ONE is different from mine,  
but in truth they're ONE in the same.

Some just have a different faith, others a different name.

Because the word reads that, "WHO" So Ever Believe In Him,  
but of course only through the SON.

Shall not parish, but instead eternally rejoice with THE ONE.

So in good times or bad times call the name.

In any language or religion it still means the same.

And when your long day has ended, and before a new one has begun.

Remember to give all thanks, and praises to THE ONE.

# IN A SPECIAL WAY

In the morning when I wake up, I have nothing but thoughts of you in my head.

It seems that no matter what words I speak, your name is always being said.

In some way I'm always reminded of you before I start my day.

I want you to know that you are thought of...in a special way.

In the evening when I'm tired from working such a long day.

You give me a sign of something good to come, and then I know everything is okay.

No matter how rough the road may get, or the trouble I may find.

You always manage to lift me up, by putting something positive on my mind.

You give me the strength and the courage to help me make it through the day.

I want you to know that you are thought of...In a special way.

At night before I lay me down to sleep, as I prepare myself for bed.

I feel all the stress and strain of the day start to fill up inside my head.

But I just simply ask you for forgiveness, before the next day can begin.

And you shine your light of love in my heart, and forgive every single sin.

I thank you for your forgiveness, and it is always in your name I pray.

I want you to know that you are thought of...in a special way.

## **Sista... "I'M SORRY"**

Sista I'm sorry...for all the times he made you cry.

I'm sorry for all the times he left you wondering why.

Sista I'm sorry...for the many promises that he never, ever kept.

I'm sorry for all the times that he didn't come home, and all alone you slept.

Sista I'm sorry...that now you think all men will hurt you like he did.

I'm sorry that now you hurt so deep, so you choose to keep your feelings hid.

Sista I'm sorry...please believe that things will get better, but only time can tell you when.

I'm sorry that I was not around to help you pick up the pieces, but I'm here to help you put them back together again.

Sista I'm sorry...but he's not coming back, believing that will only add to your frustration.

I'm sorry but you must do it for yourself, there can only be self gratification.

Sista I'm sorry...if you need more than that to help the echoes of your mind ignore him.

I'm truly sorry, and if that's not enough then allow me to apologize for him.

Sista I'm sorry...I know you've heard it over and over from others.

I'm sorry but I must let you know that there are still some damn good brothers.

Sista I'm sorry...if you haven't noticed that I am the man for you.

I'm sorry if you can't see past his dirty deeds, that I'm willing to do all I can for you.

Sista I'm sorry...if you don't believe me, but I know that hurting you would only put the shame on me.

I'm sorry, but I'm not the one who hurt you, so please don't put the blame on me.

Sista I'm sorry...if you can't see that I'm willing to do whatever it takes.

I'm so, so sorry, and if it means drying your tears for years, I'm willing to pay for his mistakes.

# PROMISES... PROMISES

I don't like to make promises, because that means there is reason to doubt.

But sometimes that extra reassurance is something that we can't live without.

So I make a promise to you to be faithful, and If you need more I will do.

I promise to always be caring, open, and honest to you.

I promise to never take you for granted, and to never play you cheap.

Although promises are made to be broken, mine are made to keep.

I promise to stand beside you, never behind or out in front.

I promise to do everything within my power to give you what you want.

I promise to be right there with you when It's time for us to sleep.

Although promises are made to be broken, mine are made to keep.

I promise to come to you with the problems that our love may face.

I promise to never, ever let another take your place.

I promise to never hit you, or to be demanding.

I promise to be here to listen when you need some understanding.

I promise to keep these promises, because I hold them in my heart so deep.

Although promise are made to be broken, mine are made to keep.

# MOTHER'S GLUE

I wonder how she does it, holding it together the way she does.

It seems no matter how life gets out of place she puts it back the way it was.

It's always been a mystery, but I guess it must be true.

That there is nothing stronger than a mother's love when she uses MOTHER'S GLUE.

Now MOTHER'S GLUE is not a recipe, or that sticky stuff used in art.

But it's that special love that mother's use to keep your life from falling apart.

It's the way she is always there to listen so you know that everything will be okay.

It's that special bonding hug she gives you to help you make it through the day.

It's the way she is able to touch your face and hold the tears away.

It's the way she stays up all night with you to hold the fears away.

It's the way she makes the sacrifice because she'll do anything for you.

Because she knows you just wouldn't make it if she didn't use MOTHER'S GLUE.

But, if you're still not sure then ask her, and I'll bet she'll just smile at you.

Because a mother never uses words, she just uses MOTHER'S GLUE.

MOTHER'S GLUE IS DEDICATED TO MY MOTHER:  
Ms. Lee Wilder...

# MEN DON'T CRY

You see my face so full of laughter, happiness, and cheer.

But you just can't see that after, there's nothing but pain, and sorrow here.

I want to tell you how I feel, but no matter how hard I try.

You make me feel that I should hold my emotions in when I hear you say a man is not supposed to cry.

You asked me to share my feelings, and to never be afraid to speak.

But the times that I have come to you and broken down, you've made me feel that I was just being weak.

Communication is the most important thing, but you shut me out, and I don't know why.

I guess it's because you believe that a man is not supposed to cry.

But showing emotions is not a weakness, I think it makes me more of a man.

Why can't you see that it hurts me to hear you say that I can't, but you can.

There are times when I hurt so deeply, that I don't think my wounds will ever heal.

I want to come to you, but you seem to think that a man is not supposed to feel.

Instead I keep it to myself, and inside I'm about to die.

And it's all because you make me afraid to fall...Because a man is not supposed to cry.

# I DO

At last the day has finally come when I can say my dreams have come true.

After many nights of getting down on my knees, my prayers have brought me you.

My search is finally over, and the journey of loving you I will now pursue.

I can't think of any better way to say I love you, except to say... I DO.

Though we walk to the alter separately, we leave together as one.

To build a happy future around the miracle that HE has done.

I'm thankful for everything that you have given me, and together we'll make a brand new start.

Staying together as long as we live, only in death we do part.

As I stand here before you, and I say to you here and now.

As GOD is my witness, I DO promise to keep every word of each vow.

I wish this moment could last for ever, It's almost hard to believe It's true.

And with this kiss, I'm in heavenly bliss, and I'm proud to say... I DO.

Dedicated to my BIG Brother Tony, and his wife Marvis.

# A HARD TIME SAYING IT

I heard you when you told me you love me, and I know I didn't reply.

And now you sit there in silence, looking lost, and ready to cry.

But before the tears come please let me explain, because I don't want you  
to think I don't care.

Because you already have my mind, body, and soul...And my heart is almost  
there.

Believe me when love calls me, I will have no problem obeying it.

Because my actions show you that I love you, but right now I have a hard  
time saying it.

I'm glad you told me you love me, and you didn't question whether you  
should.

And I'm sorry that you've gotten there just a little sooner than I could.

But when I speak the words "I LOVE YOU", from my heart you'll know them  
to be true.

From nice to meet you, then I love you, and someday soon "I DO".

Even though I've never spoken the words, I have had no problem displaying  
it.

Because my actions show you that I love you, but right now I have a hard  
time saying it.

See I've been hurt so many times before, it makes it hard to shake this fear.

But as time goes by I'll be more willing to try, as long as you're still here.

But I do understand your feelings, because for you It's just not the same.

Because you can't classify my actions with a simple phrase, title or name.

But trust me please, I need you to know that the music of my heart will  
always be playing it.

Because my actions show you that I love you, but right now I have a hard  
time saying it.

# MY CONFESSION

I know it's hard for you to believe I've changed but if you give me the chance I will convince you.

And though we've grown apart and gone our separate ways I've never truly cared about anyone since you.

I see now how foolish I was for treating you like anything less than the queen you are.

But by the time I realized my silly mistakes the pain had spread to far.

I've been so lost without you, and my need to have you back in my life is just short of obsession.

On my hands, and knees I ask for your forgiveness...I'm sorry...This is my confession.

I understand that it will take a lot on my part, but I'm willing to work as hard as I can.

My one wish now is to be your very best friend in hopes to one day be your man.

And I deserve every bit of it, when you start to criticize.

But I hope that someday soon you will begin to realize.

That my world is not complete without you in it.

The pain my heart feels is getting stronger every minute.

And I know that right now that's the way things happen to be.

But I want you to know that you're the best thing to ever happen to me.

Now I suffer, because I've lost my most prized possession.

On my hands, and knees I ask for your forgiveness...I'm sorry...This is my confession.

# CAREFUL WHAT YOU WISH FOR

Careful what you wish for because it just may come true.

You wish for a good man to come into your life, and when he does you don't know what to do.

You ask for a man who is loving, caring, honest, understanding, and strong.

And when he proves he is, and ask you for the same you start singing that same old song.

About how all the others have hurt you so badly, and all the wrong that they have done to you.

But you must understand that before you can demand, you must be the same way too.

I know that it has been difficult, and through it all it has been hard to live.

But I just can't see how you can ask for something that YOU are not ready to give.

We are constantly trying to show you that we still believe in chivalry.

But when we send our hearts to you paid in full, you still charge us for the delivery.

They're still some good men out there who are honest, faithful, and true.

So don't do the same things to us that the others have done to you.

See you must also show us that you are a good woman, and that starts from the healing within you.

Just be careful what you wish for, because that wish just may come true.



## ORDERING INFORMATION

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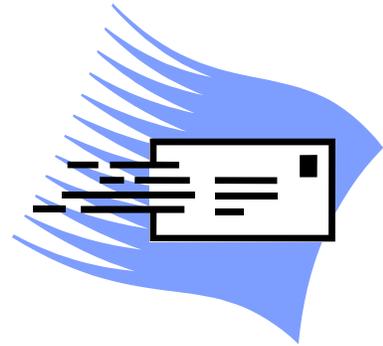
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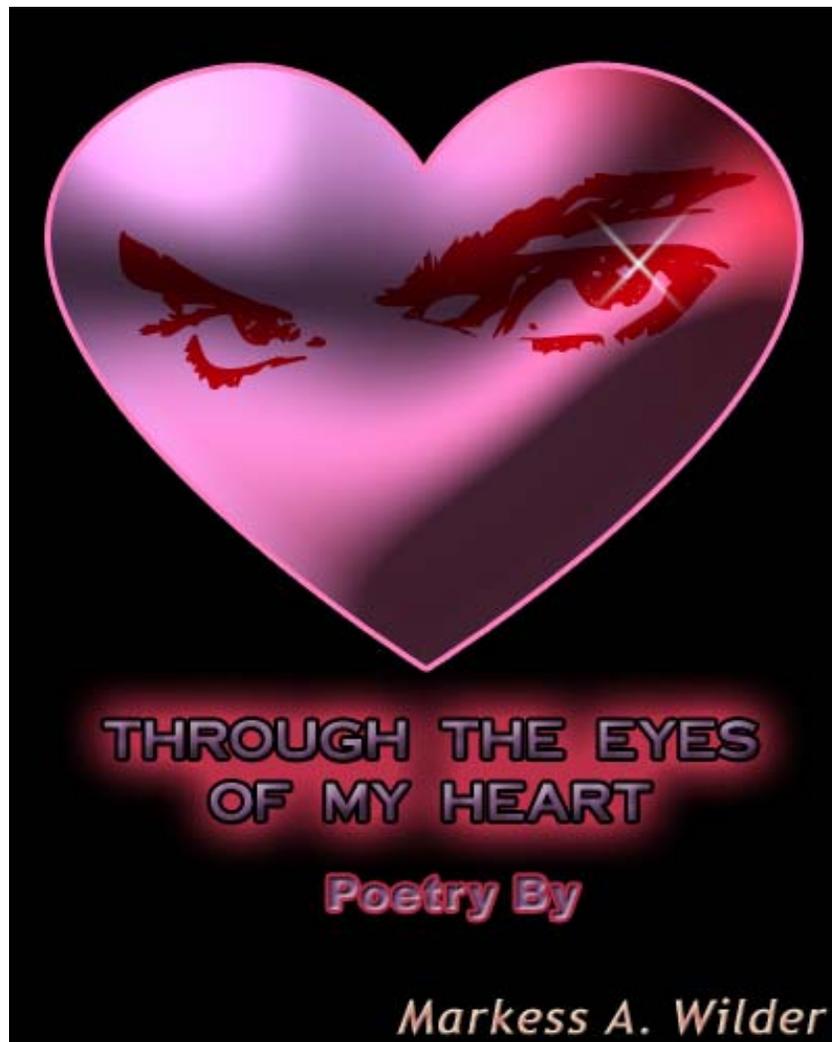
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**Get The Book, And Get "IN TOUCH"**



Now that I've put you "In Touch With Every Emotion", I invite you to see "THROUGH THE EYES OF MY HEART".

Soon to be released late summer of 2003 is my sophomore literary masterpiece, "THROUGH THE EYES OF MY HEART". This time I dare to venture where most women want to go but few men offer, a man's heart. Written for both men and women, my new book gives an honest look at love, relationships, and the struggles in achieving both. From this man's perspective, find out what is a "Relationship" through my endearing poetry and heartfelt narrative.

"THROUGH THE EYES OF MY HEART" will be available in e-book form in response to the many requests of loyal readers. As always, easy payment options and quick turn around time are offered.

Please come back or contact me to find out when "THROUGH THE EYES OF MY HEART" will be released. In the mean time be sure to order your copy of my first book, "IN TOUCH WITH EVERY EMOTION".

**Get The Book, And Get "IN TOUCH"**