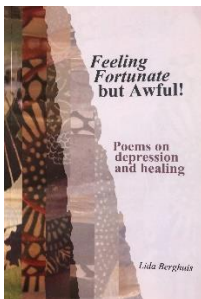


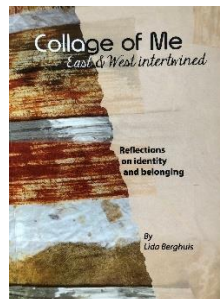


## MEET LIDA BERGHUIS

LIDA BERGHUIS has self-published three books of poetry: 'Feeling Fortunate but Awful', 'Collage of Me' and 'A Bottle of Joy'. She has a poetry blog, 'Lida's Musings', and a YouTube channel by the same name and regularly posts poetry on them.



**Feeling Fortunate but Awful:** Poems on depression and healing



**Collage of Me:** Reflections on identity and belonging



**Bottle of Joy:** Poems to tickle your fancy

Lida grew up in Iran but left that country with her family when she was a teenager. The Islamic revolution caused many members of the Baha'i Faith to flee for fear of persecution. Lida has now completed the manuscript of a memoir about her teenage years.

When not writing poetry Lida is a teacher of English as a second language. She lives in Montreal with her husband and three adult children. You can see and hear more of her work by clicking on the following links:

### Books:

[Lida Berghuis on Amazon](#)

### Poetry Blog

[lidasmusings](#)

### YouTube channel

[Lida on YouTube](#)

### Instagram page

[Lida on Instagram](#)