

# Everything Is

BY MIGUEL EICHELBERGER

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**Author Bio:** Miguel Eichelberger is an explorer, writer, communicator, and joyful mutineer. He received his BA in English at the University of Calgary. His creative work has appeared in literary magazines and on stages around the world, including Canadian Literature, Acta Victoriana, Harpur Palate, the Rappahannock Review, and the Literary Review of Canada. His poetry is also a feature part of the Ducktown Poetry Trail in Atlantic City bringing awareness to issues of social justice.



He is a leadership and communications consultant for sustainable, people-first cultures, and has written for leaders across a variety of scientific fields. His work, both as author and ghostwriter, has appeared in the Globe and Mail, the Hill Times, BC Business, Forbes and more. Poems in his debut collection, *Everything Is*, have been nominated for Best of the Net (2024) and long-listed for the Frontier Open Poetry Prize (2024).

## EVERYTHING IS

**Brief Book Blurb:** *Everything Is*, is a poetry collection written as a travelogue through loss, grief, defeat and gift, designed to help others find their way too. This book isn't written for poets but for people—charting a path from shock to reality, from haunting to lesson. When my father passed away in 2017 it was my first brush with real grief. It marked the loss of my model, mentor, friend and sounding board. I had no roadmap, no language to consult, just a limbic system on fire. Exploring this state required words, metaphors and phrases that don't move like language. It required poetry.

Grief is a natural necessity in our experience as humans. It's there for a reason, trying to give us something powerful. I wanted to know what that might be; to be curious and only that. The result is *Everything Is*. Written in a compression of modern and classic forms, it pulls indirectly from biology, anthropology, psychology and experience on the topic of grief and death. At times it's lyrical, at times jagged and grim, it never looks away. It invites everyone not to turn away or numb, but to hurt, learn and feel.



## SUGGESTED INTERVIEW TOPICS

1. How grief can become a teacher, and what it teaches, if we let it.
2. Why poetry was the only choice as a tool to go nose-to-nose with the pain of loss.
3. What can people find on the other side of grief.
4. On creativity itself, poetry and writing as a means for self-healing.
5. Did this project change your relationship with death.
6. Applied poetry: art with utility and purpose.

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## CONTACT

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## PAST MEDIA

<https://www.migueleichelberger.com/media.html>

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## REVIEWS | TESTIMONIALS | ENDORSEMENTS

"Miguel Eichelberger's *Everything Is* is a book of love poems about the loss of his father. For those of us who have experienced such loss, Eichelberger evokes the deeply familiar disembodiment, the slow unwinding of the first minutes and hours. He takes us back to the place where we first begin that long wait for forgetting, the fading of details, the healing of grief. I had not thought I would ever want to go back, but the intimate, graceful shock of these poems allows it. Imagine my gratitude to discover that I haven't forgotten.  
Not at all."

- *Mark Greene*

*Author of The Little #MeToo Book for Men & host of the Remaking Manhood Podcast*

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"In this stunning work, Miguel Eichelberger manages to excavate his own experience of grief and transform it into exquisite language that makes anyone who has ever grieved—in short, everyone—feel seen and known. With an unflinching yet compassionate eye on his own interiority and the way it connects him to his fellow humans, he guides us through the landscape of pain and the gifts that are buried within it. This is a collection that will remind you that you are not alone, even when you are missing someone with all your heart, and that will make you feel grateful to be alive, even when that life is difficult."

- *Stephanie Harrison*

*New York Times Best-selling author of New Happy*

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"In Miguel Eichelberger's *Everything Is*, we are given poems both clear-eyed and unafraid to wear their heart on their sleeve. With honesty and surprise, Eichelberger takes us through grief's most tender and most clinical moments, the poems working together like light on faceted glass, culminating in a collection that shines."

- *Donna Kane*

*Author of Asterisms & Orrery, a finalist for the Governor General's Award of Canada*

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