

## Shoshana Kobrin's New Work: Exploration of Life

Shoshana Kobrin's latest book is "A Tempo: Seasons of a Life: Poems and Paintings." Here she explores the theme of passing time in poetry and paintings as she travels through the the movements of her soul. "Father Time," she says, "waves his wrist watch, reminding me to get on with living mindfully and joyfully. I nurse a hope that these poems will encourage you to seize each second, cherish each moment, and treasure each day – before it's too late!" Her water color illustrations were inspired by the elegant simplicity of Chinese brush painting. A review of the book is, "a symphonic masterpiece of life songs."



The impetus for the book came from the idea that extracting poems from her computer and making them into a book would be a great seventy-seventh birthday gift for herself. Imagine her amazement, when going through hard copy files to eliminate excess paper, she found a bulky file with poems written all the way back to her twenties. Before the age of personal computers – can you believe it! Both her birthday and "A Tempo" will be celebrated at a book launch on October 28th.

Shoshana has master's degrees in literature and psychology and pioneered a multi-racial communications program during apartheid in South Africa. She is a psychotherapist, Reiki Master, and ceramic figure sculptor. A teacher and presenter, she facilitates workshops and retreats professionally and in the community. These are on eating disorders, addictions, creative writing, and personal growth. She treats people and their pets with Reiki and is a weight-loss coach.

Books, reading, and writing have been a constant part of Shoshana's life. Her first published book was a user-friendly journaling guide. Four self-help books followed, dealing with food and weight issues, addictions, and manifesting what she terms, "The Satisfied Soul." ("It's the soul, not the body, that's hungry.") "Roots and Wings: Growing up in Apartheid South Africa" is a collection of short stories.

Shoshana has lived in Rossmoor for nine years. Her spiritual and creative life, which she defines as "connection in many spheres of life" is of prime importance to her. She relishes Buddhist meditation and practice, Jewish choral singing, restorative yoga, lap swimming, jazz piano – and the humming birds at her feeder.

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Her books, sculptures, ceramic meditation objects, and meditation videos and audios can be purchased from the website. Blogs, and an opportunity to receive her bimonthly newsletter are also on the website. She is available for talks, retreats, and workshops for your group or organization.