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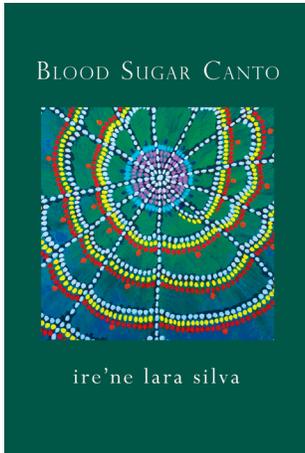
Saddle Road Press announces Ire'ne Lara Silva's

*blood sugar canto*

Publication date: January 16, 2016

\$15. Trade paper. 100 pages. ISBN 978-0-9913952-8-6. Distributed through Ingram.

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Saddle Road Press presents Ire'ne Lara Silva's *blood sugar canto*, a new book by the author of *Flesh to Bone* and *Furia*.

*blood sugar canto* is a powerful hymn to life and to her own body by a “*curandera*-poet” struggling to transmute the fear and despair of diabetes into healing. It is the only book of its kind, uniquely beautiful, original, and full of hope.



“In 2008,” Silva says, “I was diagnosed as an insulin-dependent diabetic. I wasn't the first in my family. I had grandparents, aunts, uncles, parents, and siblings with diabetes. It still came as a shock. There were a lot of adjustments and a lot of losses. It came to me that I should write about what my life was immersed in—issues concerning my health, my family's health, diabetes in my community, the overriding desire to be seen as a person and not as an automaton by Western medical practitioners, the vital connection between body and soul and heart when it came to healing, and my need to push back against the fear that dominated all conversations about diabetes and the body.”

**Praise for *blood sugar canto***

I am stunned by ire'ne lara silva's *blood sugar canto*, a searing and intensely personal and political collection of poems...The exhausted self, pricked by syringes, prodded by clinicians, fights fiercely to love and to decolonize the self, the changing body. These are poems of confronting traumas and of mourning. Ultimately, Silva's poems are filled with important, hopeful and triumphant words; “you cannot live in fear / you cannot heal in fear / fear will never make you stronger ... i will not / live / in fear / i will make song.”

—Barbara Jane Reyes, author of *Poeta en San Francisco* and *Diwata*

*blood sugar canto* is available through the Ingram distribution network. Individuals can purchase a copy at independent bookstores or through any online bookseller. A Kindle version will be available.

## About Ire'ne Lara Silva

ire'ne lara silva is the author of *furia* (poetry, Mouthfeel Press, 2010), *flesh to bone* (short stories, Aunt Lute Books, 2013) which won the 2013 Premio Aztlan, the bilingual digital chapbook, *Enduring Azucares* (poetry, Sibling Rivalry Press, 2015), and *blood sugar canto* (poetry, Saddle Road Press, 2016).

ire'ne is the recipient of the 2014 Alfredo Cisneros del Moral Award, the Fiction Finalist for AROHO's 2013 Gift of Freedom Award, and the 2008 recipient of the Gloria Anzaldua Milagro Award. She and Moises S. L. Lara are currently co-coordinators for the Flor De Nopal Literary Festival. She lives in Austin, Texas.

You can find Ire'ne Lara Silva at [her own site](#).

If you're reading a print version of this press release, you can find an interactive version at [saddleroadpress.com/blood-sugar-canto.html](http://saddleroadpress.com/blood-sugar-canto.html)

A digital cover image can be downloaded [here](#).

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