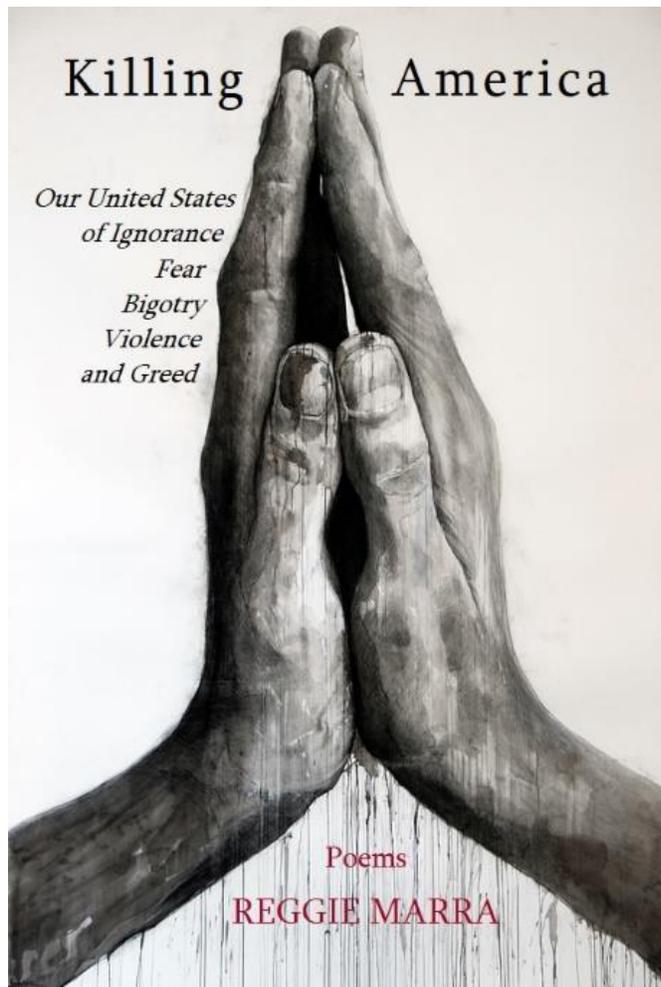


Now Available – September 1, 2018

“*Killing America* chills me, even after 25 years as a police officer and 15 years in counter-terrorism. We don't see all sides of the violence we fight against, and these poems take no sides. Reggie Marra exposes the pain felt by fellow humans, the challenges we face when we take sides, and the compassion we need to see each other's pain.”

- *Christopher Rogers, Father, Husband, Retired Peace Officer and Bomb Technician*



Killing America: Our United States of Ignorance, Fear, Bigotry, Violence and Greed is Reggie Marra's fourth book of poems. As with his *This Open Eye: Seeing What We Do* (2006), Marra unflinchingly sees, writes and shares with the reader verbal snapshots of his country's late 20th- and early 21st-century culture of violence as it manifests at home and abroad. His poems both grieve slaughtered school children, unarmed black men, ambushed law enforcement officers, church-, concert- and movie-goers, military veterans and victims of American foreign policy violence in the Middle East, and indict the leaders who refuse to act amid, or implicitly condone, the ongoing slaughter.

ISBN: 978-0-9627828-8-6

135 pages | 6x9 paper

Cover Art: *Whose Heaven?* by Ray DiCapua
Charcoal and ink on paper | 48" x 72"

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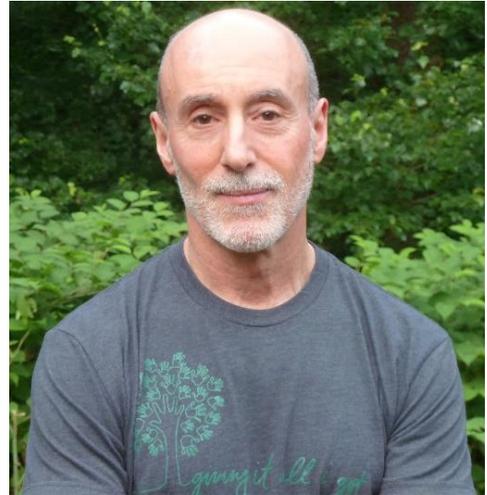
Available on [Amazon](https://www.amazon.com/Reggie-Marra/e/B00AECM6OM) now: <https://www.amazon.com/Reggie-Marra/e/B00AECM6OM>

542 copies of this book were mailed on September 4, 2018 to the then current occupants of the United States Senate, House of Representatives, Supreme Court and White House. 31 people donated \$3,635.00 in August in order to do that.

Ongoing updates and poem excerpts at: <https://killing-america.com/>

For poem excerpts, please visit <https://killing-america.com/> and see cover photos at <https://www.facebook.com/reggie.marra>.

REGGIE MARRA has conducted hundreds of poetry, narrative healing and adult development workshops for organizations that include the National Association for Poetry Therapy, The Transformative Language Arts Network, the Connecticut Office of the Arts, Healing Newtown, the Arts Alliance of Northern New Hampshire, the National Wellness Institute, the National Speakers Association, the Unitarian Society of New Haven, Iona College and in schools throughout the northeastern United States. He worked as both a teacher and a judge for the NEA's Poetry Out Loud program from 2006-2016 in high schools throughout Connecticut, and hosted the 3rd-Friday Open Mic at the Hudson Valley Writers Center in Sleepy Hollow, NY from 1997 through 2004.



Reggie is an [Integral Master Coach](#)[™], a Registered Mentor Coach with the International Coach Federation and Creative Director and core faculty member at [Teleosis Institute](#). Author of eight books, his [And Now, Still](#) and [Coaching and Healing: Transcending the Illness Narrative](#) were released in 2016. Through 1996 he served for 21 years as a teacher, basketball coach and administrator in secondary and higher education.

More information: www.reggiemarra.com and <https://killing-america.com/>.

“What is the underside of the American dream? Reggie Marra’s searing, soul-screaming poetry addresses the wielding of power within a democracy: what if the enemy is not from without, but within? What if America’s drive toward a unifying and international vision of democracy has become an ongoing war to glean supremacy over those without power on both U.S. and foreign soil? What if the victims of such a war were measured in data points—soldiers, civilians, students, teachers, men, women, children, the occasional politician—rather than empathy?

“Reggie’s agonizing and precise language describes the carnage resulting from America’s efforts to destabilize dictatorships in Iraq or terrorists in Afghanistan, while shining an unbearable light on the victims of a million American bullets, of children dead, communities ravaged, and families of color pillaged by a virulent strain of America’s unrelenting and targeted war on their men. And what if the collective response from a fatigued nation was merely a shrug, the deaths of human beings simply collateral damage in a quest not for the accessibility of the American dream, but rather for the ongoing accumulation of power and money? Reggie’s vision is not a slight to the fighting men and women overseas, but rather a reveille to an apathetic American public who must rouse and feel and be damned if they will allow it to continue. Reggie leaves the freedom-loving reader little room for doubt: if not us, who? If not now, when?”

- Joan Hurley, 2008 Connecticut Teacher of the Year, Mother

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Additional Praise for *Killing America*

“In *Killing America*, Reggie Marra gives us deep, disturbing images of War – at home and abroad. What I take with me, especially, are these lines from ‘You Stood Up’ – ‘your open heart / exposed the mask / of fear your mind / mistook for you, / so you stood up / and no one got hurt.’”

- *Waverly Nall, Father*

“Reggie Marra’s poetry is both raw and sobering, highlighting how violence changes everything it ‘touches’ either by design or by default, whether we are participants or spectators. Violence can be disorganized or organized – driven by irrational emotions, sometimes mental illness, or a cultivated capability to seek or protect power. Violence exists on a spectrum: inter-personal violence on one end and collective violence (military combat) on the other. Each of us is responsible for the violence we commit anywhere on that spectrum.

“Marra’s work also illuminates how elected officials focus on gaining and retaining political power while their intended focus is to lead or represent the best interests of their constituents. If these elected officials don’t understand the nature of violence and its cultural implications, then their decisions (or indecisions) will generate increased levels of unintended violence during their costly learning curve. The spectrum of violence can’t be eliminated; it can be minimized if understood. This book helps us do that.”

- *Bob Killackey, Marine Infantry Officer, Combat Veteran, Husband, Parent, and now Public High School Teacher*

“Reggie Marra, a man who knew me as a teenager who was trying to figure out how to adjust in the world and who helped mold me into the individual that I am today, is still a part of my life. He always expected better of me, which annoyed me more times than one could imagine. Years later, he still speaks to me through his poetry. In *Killing America*, “The Sniper” resonates most with me, as it captures aspects of myself as a military officer (retired) and a parent. Reggie touched my soul in my adolescence and continues to do so in my adult years.”

- *Edwin G. Nall Sr., LTC(R), Father*

Books by Reggie Marra

POETRY

And Now, Still: Grave & Goofy Poems (2016)

This Open Eye: Seeing What We Do (2006)

Who Lives Better Than We Do? (2001)

PROSE

Coaching and Healing: Transcending the Illness Narrative (2016)
with Joel Kreisberg, Jon Stoddart, Lois MacNaughton,
Leslie Williams, Amy Phillips, Karin Hempel, Julie Flaherty, Alex Douds
& Jill Lang Ward

Integral Coaching and Healing (2016)
with Robert Wright, Jr. and Christine Wright

Grief and Healing (2016)
with Robert Wright, Jr. and Christine Wright

The Quality of Effort 2nd Edition (2013)

The Quality of Effort Workbook (2013)

Living Poems, Writing Lives: Spirit, Self and the Art of Poetry (2004)

*The Quality of Effort: Integrity in Sport and Life
for Student-Athletes, Parents and Coaches* (1991)

Praise for *This Open Eye: Seeing What We Do*

“Reggie Marra writes with stunning, graphic precision – brutal scenes the American news skips over, scenes of endless sorrow that politicians bury under false phrases like ‘total victory.’ I read these small but huge poems with a chill of recognition and gratitude – thank goodness for poets like Reggie Marra who look deeply and care even more deeply about telling the truth. These poems are tributes to the nearly-invisible wounded and the honest humanity so many of us yearn for now.”

- Naomi Shihab Nye, author of *Transfer* and *You & Yours*; National Book Award finalist for *19 Varieties of Gazelle*

“*This Open Eye* is a powerful, devastating, and stunningly beautiful book. Reggie Marra has unfalteringly absorbed the images and voices of the war in Iraq, pared them down to the bone, and handed them back to us that we, too, might bear witness to our times. Not in any of these poems, or the essay, has he taken the easy way out. Like Breyten Breytenbach, Nelly Sachs, and Antonio Machado before him, Marra reclaims the essentially human from both the brutal and the brutalized.”

- Trebbe Johnson, author of *The World is a Waiting Lover: Desire and the Quest for the Beloved*; founder, <http://www.radicaljoyforhardtimes.org/>

“Reggie Marra captures the tragedy of war from all angles. His vision expands beyond gender and race to embrace our common humanity. Unafraid to depict the graphic consequences of hate, uninhibited in his words by the politics of aggression, Reggie bravely steps into the epicenter of world conflict and individual suffering. He captures the colors of youth and the mud of death, creating a dichotomous reality that has brought poets and artists to their knees since the dawn of civilization. Reggie is the journalist of our times. His poetic images will be remembered for centuries to come.”

- Eileen Albrizio, author of *Messy on the Inside*; *Rain, Dark as Water in Winter* and *On the Edge*

Praise for *And Now, Still: Grave and Goofy Poems*

“Openhearted, rich in detail, and wildly irreverent, Reggie Marra’s *And Now, Still* celebrates the sacred everyday connections among the living, the dying, and the dead.... And so the poet mourns and sings. Lyric to narrative, journal entry to rant, his layered language, its poetic intelligence, invites deeper presence. A generous collection that defies being boxed, this book is a healing journey offered by a kind, resilient, skillful and eloquent guide.”

- Janet E. Aalfs, author of *Bird of a Thousand Eyes*, founder & director of *Lotus Peace Arts*

“Reggie Marra’s poetry speaks to me deeply of hope and joy, beautifully woven into the context of grief and loss. As a holistic nurse, reading Reggie’s poetry reminds me of the humanity in every person. Through his life I see my life and the lives of the many patients I have touched. Reggie has the ability to gather precious moments and offer them as a gift to the reader. I recommend slowly sipping and savoring each word that it may touch and magnify your life.”

- Joanna Burgess-Stocks, BSN, RN, CWOCN, Patient Advocate

“When the soul needs to be fed or held, only music and poetry are capable. I have no idea if Reggie Marra sings or plays anything – but oh, the poetry.”

- Ian Percy, author, *Going Deep: Exploring Spirituality in Life and Leadership*

Praise for the revised edition of *The Quality of Effort*

“*The Quality of Effort* inspires coaches and parents to divert their eyes from the scoreboard and focus on nurturing the heart, mind and body of today’s young athlete. Reggie Marra offers a blueprint that encourages our children to become not only better athletes but better people. He delivers a powerful message filled with humanity and honest answers to questions that we sometimes think but may not want to ask. *The Quality of Effort* is a wonderful read and I would recommend it to anyone who works with kids, is a kid, or is living vicariously through their kids (you know who you are).”

- Anthony Perrone, VP, Challenger Division, Cortland American Little League

“*The Quality of Effort* is a profound embrace of Emerson’s reminder that ‘Life is a journey, not a destination.’ Reggie Marra has, with a master’s touch and rapier wit, illustrated that the essential value of effort is in the quality of the lesson we have learned—and not in the victory or defeat on the field of battle. The book is an incredibly personal gift from Reggie to the reader, written through and with his bountiful, open heart.”

- Tom Rubens, Founder, *The Accountability Factor* | <http://theaccountabilityfactor.com>

“*The Quality of Effort* has helped me reinterpret my career as a professional athlete – providing both relief and direction. The book’s message would have been invaluable years ago when I was starting out as well as at the height of my career. Reggie Marra offers a map to tomorrow’s competitive edge, a map that requires effort – not necessarily in doing more drills or pushups, but in taking responsibility for all aspects of your approach to life.”

- Ryan Leech, Professional Mountain Biker (Retired) and Professional Integral Coach™
<http://ryanleech.com>

“As a former college athlete and longtime leader of high-performance military units, I recommend Reggie Marra’s work with unbridled enthusiasm. Whether you are a student-athlete, parent or coach, this book’s proven practices will greatly enhance your performance in and enjoyment of youth, interscholastic and intercollegiate sports. Reggie’s savvy discussion of integrated training, competent coaching, and the importance of a proper training environment helps the reader clearly visualize a successful path of development. Following this comprehensive approach to training will not only produce better athletes, but also happier and healthier citizens as our youth grow and take their place in the world. I hope for the sake of student-athletes everywhere that this book gets the appreciation it deserves. How much happier we would all be if we could travel a healthy path of development supported by quality practices, competent and caring coaches/teachers, and a nurturing learning environment.”

- Fred Krawchuk, Retired U.S. Special Forces Colonel and RAND Consultant

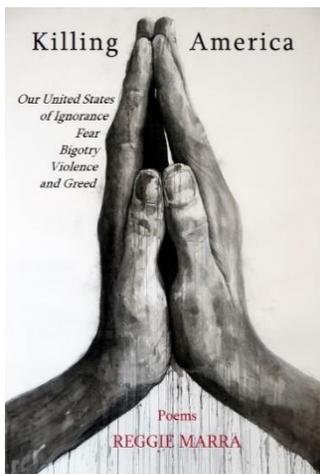
“*The Quality of Effort* is an incredibly insightful guide for how to bring integrity and passion into sport as well as into life. Mr. Marra takes a truly integrated approach to the role of sport in life and along the way lays out what is necessary to get the most out of being an athlete—at any level. An added bonus here is that he is a brilliant and witty storyteller who clearly speaks from the heart. I would consider this book a must-read for any parent whose child is interested, or already involved, in sports. I may also give this book to my child’s coaches to cover all the bases, so to speak!”

-Michael Sallustio, Parent, Nutritional Consultant and Personal Trainer, <http://annapolis-nutrition-fitness.com/>

“After reading this book, I wish I could redo my entire childhood sports experience....While I credit baseball with saving my life by keeping me off the street and away from the wrong crowd, I never gave much thought to how much it has made me a better friend, a better husband and a better business owner. After reading *The Quality of Effort*, I get it.”

- from the Foreword to the 2013 Edition, Robert Gambardella, CPA, CTA, Concierge Tax Services | <http://conciergetax.com>

Now Available on Amazon



542 copies of this book were mailed on September 4, 2018 to the then current occupants of the United States Senate, House of Representatives, Supreme Court and White House. 31 people raised \$3,635.00 in order to do that.

Learn more at <https://killing-america.com/>

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ISBN: 978-0-9627828-8-6
135 pages | 6x9 paper

Now Available – September 1, 2018

HALF-STAFF: FOUND POEM #3

The Peace Monument
stands in front
of the U.S. Capitol
where an American flag
flies at half-staff
following a mass shooting
in Las Vegas late Sunday
that killed over 50 people.

THIS OPEN EYE

Swollen shut the right
eye seeps semi-clotted
blood that streams
and blotches a map of
hell across the three-
year-old face. Wide
open, the left eye
appears injury-free –
untouched, but
ultimately more
lethal.
Through this open
eye the child sees
the world that has
closed the other.

Notes

“Half-Staff: Found Poem #3”

<http://www.npr.org/2017/10/02/555099794/a-familiar-partisan-response-in-congress-to-las-vegas-massacre> | Photograph by Mark Wilson/Getty Images. Accessed October 19, 2017 and February 12, 2018.

“This Open Eye” <http://www.marchforjustice.com/3.25.php>. Accessed April 2003 and August 9, 2006. The web page (no longer available) listed Al Jazeera, La Voz de Aztlan, MSNBC, Yahoo, BBC, AP, Reuters, and NY Times as photo sources, but provided no additional information. On February 21, 2018 I found this: http://avax.news/sad/Iraq_Wars_10th_Anniversary.html | Photo by Damir Saglj/Reuters via *The Atlantic*. The Avax site puts the girl’s age at 4. My guess in 2003 was 3.

For poem excerpts, please visit <https://killing-america.com/> and see cover photos at <https://www.facebook.com/reggie.marra>.