


Anne Sexton (1928–1974) was an American poet of the Confessional school. Throughout her life she had severe depression and was hospitalised on several occasions. She began writing poetry while recovering after a suicide attempt in 1956, as suggested by her therapist, Dr Martin Orne, and almost instantly won great acclaim – her first book, To Bedlam and Part Way Back (1960), was critically praised and nominated for a National Book Award. Sexton’s poetry explored childhood guilt, mental illness, motherhood and female sexuality in a candid and unflinching way (she thought that poetry ‘should almost hurt’), and is characterised by musical rhythms and striking imagery. She died by asphyxiation herself.

Poem selected by Kasia Krawczyk.

Another of Anne Sexton’s poems was published in the November 2008 issue of the Journal.
Her Kind – Poem
Anne Sexton
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