

# **Kavya Shah – Reinforcing Raw Emotions and Struggles of Human Heart through her book - Bare & Unfiltered**

A collection of sonnets



**Gujarat, Ahmedabad, Oct 10, 2021 ([IssueWire.com](http://IssueWire.com))** - **Kavya Shah**, a 17-year old Bibliophile turned author, has launched her debut collection of sonnets amidst inspirational personalities such as *Ms. Kiran Bir Sethi, (Founder of Riverside School), Dr. Jay Narayan Vyas (Economist, academician, and thinker), and Shyam Parekh (Sr. Journalist & Media Educator & Lit Fest founder.)*

**Kavya's** passion and zest for writing took her to the stage to present her debut book with the reverent dignitaries. Currently in the 12th grade at the Riverside School, this author didn't wait for opportunities to come, she had a dream, and worked towards turning it into reality.

On 19th September 2021, **Kavya Shah** – an intellectual and savant teenager launched her book *“Bare & Unfiltered”*. This book captures the sublime and allows the author to present her thoughts, beliefs, and certain experiences, in their true form, **“bare and unfiltered.”** Writing this anthology has left the writer feeling vulnerable, liberated, and powerful.

The main objective behind this book is to touch the lives of young minds with soulful poetic lines allowing them to find solace with themselves. Ms. Shah reveals that she spent almost “five to six months” working on this anthology. She mentioned how she never followed a writing routine, for constraining thinking in time slots breaks the creative flow. “I get poetic bursts, so I'd often wake up at 2 am to write, scribble ideas on my notepad and go back to sleep.”

“Structured as rigid fourteen lines poems, with multiple rules, the selection of this writing format stems from the rules society places on humans. However, when a person carves their niche path, learns how to navigate life, and finds avenues for expression and change, do they break from societal constraints. Therefore subtle tools like breaking meter, slant rhyme, and anastrophe allow me to mould the sonnet and give them each a different flavor. I have always said, poetry cannot be written, it has to be crafted,” shared the author in an interview.

She further elucidated that, *“An individual needs to realize self-worth and attain liberalization. Because when you start realizing your worth, there's no going back. It breaks boundaries and empowers you to be the best version of yourself.”*

From an early age, she wanted to explore multiple genres and niches of writing and therefore did value-oriented internships to structure her thoughts into a professional language. She has worked with SheThePeople.TV, Mazdoor. inc and BW BusinessWorld too during 2019-20 as a Content Creator and Content Writer. Besides, Ms. Shah has also been a part of the International Editorial Board as a Writer and Editor at KidSpirit.

In a recent interview during a book launch, the author **Ms. Kavya** was in conversation with *Ms. Jumana Samkit Shah*, The Journalist and Programming Director of Guj Lit Fest. She added that to give any word a poetic effect, you will have to pay attention to detail. “While inking words, I used to sink into the scene, feel the warmth of every verse, and often experimented with repetition, meter, and rhyme to craft the sonnet.

Undoubtedly, **‘Bare and Unfiltered’** is a well-crafted poetic collection that lyrically liberates readers from mental captivity. This anthology allows for reflection and places importance on self-love.

The book will be available for purchase on Amazon Kindle, Amazon.com, and Amazon.in.

*"I don't write for publications. I write for myself."* - **Kavya Shah, Author**



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