

## Praise for James's poetry from Instagram

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James's Instagram poetry account (<https://www.instagram.com/j.s.lyrical>), with more than 5,000 followers, was brought down by Instagram. Pleas to reinstate his account through all their channels, including snail mail, were ignored completely. But [his book, \*Lyrical\*](#), came out before that happened, and comments people made on various poems he'd posted had already been captured. Some quotes are not attributed, and the quotes attributed to "Anon (DM)" were direct messages sent to James privately, which he forwarded. **See below for the moving, global response to his work on Instagram.**

*This is exactly what I feel. I am so glad someone has the talent to put all this into words. Thank you. X*

nannettpeter3105

*I spoke of you today. Told my therapist about you. About how you give me strength. You make a difference. You matter.*

Anon (DM)

*Been ill with ME 17 years and you just wrapped it all up in one poem.*

sixshadesofgrey

*You have a true gift, James. Your poetry expresses the deepest pain of this hideous illness. Please keep writing, you touch our hearts with the raw honesty of words expressed in such powerful lyrical beauty. I am truly moved reading your poems.*

ducksareheaven

*Saying something so profound in such few words James, conveys the rawness of the experience. With v severe ME, I've felt this too xx*

nc542449

*Beautiful and I understand this. Last year I couldn't hold much but a phone and tapping it was my only way of writing. It nearly took all aspects of my voice. Your poetry is exquisite. Keep going.*

mymentalhealthand.me

*Wow. You weren't wrong about the punch to the stomach. But yes! Thank you for giving voice to what this life feels like in such a beautiful, powerful way.*

thewiebelife

*This is so beautiful. I've had ME for 30 years. Disabled too. This is so spot on.*

Anon (DM)

*This poem brought me to you, this poem resounds with me. This poem makes your inner poet shine, sir. Please keep that voice talking any way it can. Even if it is by hand, by typing or even by whispering to a recorder of some kind. Keep that beauty coming through this horrific illness that steals so much from so many.*

gstone132

*Painfully beautiful. I know it's of little consolation, but your writing is incredible. It certainly has given me perspective! Thank you.*

valerie8\_

*Such a gut wrenching read. Simply couldn't heart this one, but it's tragically beautiful. The honesty in your work is brilliant James.*

of.ink.as.words

*I can feel the pain from miles away, beautifully written like Shakespeare. Hope you find the answers you seek x*

Stefidipity

*I love this too much! Thank you for your brave expressions of truth. I hope I too can one day be brave enough.*

tracy\_bauer

*You have articulated this so well. I have my own experience with chronic illness of a different sort and your words really hit home.*

Alohamonkey

*Your words have stopped me in my tracks. I'm sorry for your suffering. Thank you for using your amazing talent with words to speak to our souls and to give those without ME/CFS a window into the reality.*

Anon (DM)

*You find a way to create awesome art that people can feel. I've never been one to read a lot of poetry but your work is awesome and I'm a big fan.*

*Your words have stopped me in my tracks. I'm sorry for your suffering. Thank you for using your amazing talent with words to speak to our souls and to give those without ME/CFS a window into the reality.*

*This real, raw honesty speaks to so many of us, it speaks to me. The world needs more real, honest voices like yours.*

*Your words have stopped me in my tracks. I'm sorry for your suffering. Thank you for using your amazing talent with words to speak to our souls.*

*My brother has severe M.E and I have it mild. The past week I've had a relapse so have been more bedbound. I have just had a read of your poems which are so honest and heart felt and real and raw. I know these words may not help but I just want you to know that I hear you and I see you, I can feel what you are feeling through your words. I am thinking of you and sending some light your way.*

Anon (DM)

*I only learnt of you today but your words have stopped me in my tracks. I'm sorry for your suffering. Thank you for using your amazing talent with words to speak to our souls and to give those without ME/CFS a window into the reality.*

Anon (DM)

*Thank you for your poem that was shared on #MEAction. It brought a tear to my eye. I have felt a lot of that too. The artist in you is still shining bright.*

Anon (DM)

*I was just so moved by your recent post in particular that I had to type that. I'm completely bedbound and feel completely disconnected from the "real world", life is on pause for me and has been for some years now. All your posts always hit near home for me, thank you.*

Anon (DM)

*I have a thousand things to say, but will keep this short. I FELT your poem in #MEAction. I won't go into details, but I see you. I hear you. I think you're incredible.*

Anon (DM)

*Your poems really speak to me, I'm so glad you followed just so that I could be aware of you and read these potent words.*

Anon (DM)

*This real, raw honesty speaks to so many of us, it speaks to me. The world needs more real, honest voices like yours.*

Anon (DM)

*It's like you tell a lifetime of story on one page.*

Anon (DM)

*You find a way to create awesome art that people can feel. I've never been one to read a lot of poetry but your work is awesome and I'm a big fan.*

Anon (DM)

Galen Warden, James's mother, shares more of her son's talent and the tragedy of his disease, Severe ME/CFS, at <http://www.galenwarden.com>. See his artwork, listen to his music, and follow her blog which captures moments of their lives and tips for caring for someone bed bound with Severe ME/CFS or Long Covid.