

Mind Platter

By Najwa Zebian

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Mind Platter is a compilation of reflections on life through the eyes of an educator, student and human who experienced most of life in silence. It is written in the words of a person who came from Lebanon to Canada at the age of sixteen and experienced what it was like to have fate push you to a place where you don't belong. It is written in the voice of every person who ever felt unheard, mistreated, misjudged or unseen. Mind Platter contains around 200 one-page entries as reflections on different topics that we encounter in our everyday lives; love, friendship, hurt, inspiration, respect, wholeheartedness, motivation, integrity, honesty and more. Mind Platter is not about the words that are in it, but about what the reader makes of them. This book does not only belong to me. It belongs to everyone whose path crossed mine. Had my journey not have been what it was, with every story and every detail, I would not be the same person today. May this book give a voice to those who need one, be a crying shoulder for those who need someone to listen, and inspire those who need a reminder of the power that they have over their lives.

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Editorial Review

From the Inside Flap
To the heart in you, don't be afraid to feel.

To the sun in you, don't be afraid to shine.
To the love in you, don't be afraid to heal.
To the ocean in you, don't be afraid to rage.
To the silence in you, don't be afraid to break.

About the Author
Najwa Zebian is a Lebanese Canadian educator based in London, Ontario. Her passion for creative expression was evident from a young age as she delved into Arabic poetry and novels. She arrived to Canada at sixteen years of age and pursued higher education. In 2011, she became a teacher and is currently pursuing her Doctorate in Educational Leadership as she teaches high school students. www.najwazebian.com www.najwazebian.ca

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