

# **Softness With Teeth**

A Study of Desire, Boundaries and Becoming

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## Foreword

This is not a book about pain.  
Pain is only the evidence.

This is a study  
of the quiet mechanics  
of a feeling woman.

How she senses before she understands.  
How she stays longer than logic allows.  
How her body knows  
what her heart keeps negotiating.  
You will find love here,  
but not the kind  
that survives on illusion.  
You will find tenderness  
examined under harsh light.

Desire slowed down  
until its true shape appears.  
This is a record  
of patterns noticed too late,  
silences that spoke clearly  
once the noise disappeared.  
Some poems are confessions.  
Some are autopsies.

All of them are observations  
written by a woman  
who stopped asking  
why did this happen to me?  
and began asking  
what was I refusing to see?

Softness is still here.  
In the hands.  
In the breath.  
In the way the heart insists on feeling.  
But somewhere along the way  
something sharper grew  
along the spine.  
Not cruelty.  
Not bitterness.  
Discernment.

The quiet understanding  
that empathy without awareness  
is just another form of disappearance.

So read this  
not as a story of survival.  
Read it as documentation  
of a mind  
learning to stay awake  
inside its own tenderness.  
Because softness,  
when it finally understands itself,  
grows teeth.

— Chantal



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