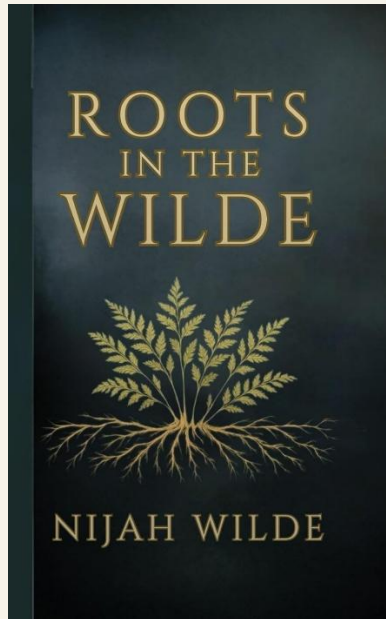




Roots In The Wilde

Blurb

A raw poetry collection about CPTSD, abuse, undiagnosed neurodivergence, and what happens when the body remembers what the mind tried to bury. *Roots in the Wilde* is a raw poetry collection shaped by trauma, survival, and the long aftermath of growing up without safety.

Written through the lens of lived experience, these poems explore childhood abuse, emotional neglect, undiagnosed neurodivergence, and the quiet ways the body holds on to what was never spoken. This is not a story of instant healing or neat resolution - it is the truth of learning how to exist after years of hypervigilance, dissociation, and silence.

Wilde writes from inside the experience of C-PTSD: the fractured memories, the nervous system that never fully rests, the constant negotiation between being “functional” and being overwhelmed. The poems move through anger, grief, shame, tenderness, and defiance - without sanitising the damage or romanticising survival.

Nature appears throughout the collection not as escape, but as grounding: a place to regulate, to breathe, and to stay present when the internal world feels unsafe

Author Nijah Wilde, **Genre** Poetry, **Date** January 2026, **Formats** Paperback and ebook, 91 pages (Paperback)

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