

# FRIENDS & FRIENDSHIP

Vol.1  
USA & CANADA



Compiled by ROBIN BARRATT

Published by THE POET

Summer 2021

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## THE POET

A leading international online poetry magazine, recognized for both its quarterly themed collections, and its interviews with poets worldwide; looking at their work and their words, and what motivates and inspires them to write.

Interviews, profiles, articles, quarterly collections, Poet of the Week, Poetry Courses and Young Poets.

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John is a poet and entrepreneur. His prior work has been published in *Sundial Magazine*, *The Boston Literary Magazine*, *What Rough Beast*, *The Metaworker* and *Unique Poetry*.

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## **THE MAN OF STEEL**

A trainer at a snooty gym,  
But he wasn't like the others.  
Yes, he had the body of a Greek God.  
But it became apparent very soon  
His strongest muscle was his heart.

And so my training commenced  
Begrudgingly showing up at my overpriced gym,  
Inferiority complex in full swing  
6:30 AM my extra grumpy time  
Inconsistently showing up for months,  
Hiding from him, and myself.

But somewhere on our journey,  
A bond began to form.

For this man was far more than a trainer.  
Zenmaster.  
Cheerleader.  
Counsellor.  
Protector.  
My biggest fan.

For what he actually taught me all these years.  
Had nothing to do with weights and fitness,  
But the value of true friendship.

He is a man of steel.  
The strongest man I know.  
Not just his biceps.  
But his heart.  
An unbreakable bond between us...  
My bicep brother for life.