**Indayia P. Foster’s Religious Poetry Book Was Showcased at the 2023 Los Angeles Times Festival of Books**

The author welcomes readers into her personal journey through a selection of poems she curated.

Self-publishing and book marketing company ReadersMagnet exhibited the inspiring religious poetry book “My Psalms: A faith-based poetry book” by Indayia P. Foster at the Los Angeles Times Festival of Books 2023. The book festival took place on April 22-23, 2023, at the University of Southern California, Los Angeles, USA.

“*My Psalms*,” a book of faith-based poetry, offers readers an intimate glimpse into her struggles with depression and anxiety during the darkest periods of her life. Drawing inspiration from the Book of Psalms written by King David, this collection of original poems reflects the author’s raw emotions and personal journey through faith.

King David, known as a man who sought after God’s heart, expressed his devotion through the songs, poems, and prayers found in the Book of Psalms. Despite facing struggles, suffering, betrayal, heartache, stress, and anxiety, David’s love for God remained steadfast.

Indayia’s life mirrors David’s in many ways, as she, too, faced trauma, depression, and anxiety. However, she has chosen to turn her pain into a source of inspiration for others who may be going through similar challenges. Her heartfelt collection of poems in “*My Psalms*” is a testament to her vulnerability and raw emotions. Just like the biblical Psalms, this book touches the hearts and souls of its readers, leaving a lasting impact.

By recognizing the love and grace of the Lord Jesus Christ, this book of poetry helps to transform feelings of despair into hope. Through its pages, readers will come to understand that God has the power to heal any brokenness in life.

Have a spiritual read of Indayia P. Foster’s “My Psalms: A faith-based poetry book.” Get a copy on [Amazon](https://www.amazon.com/My-Psalms-faith-based-poetry-book/dp/1662859260/) and [Barnes & Noble](https://www.barnesandnoble.com/w/my-psalms-indayia-p-foster/1142551406?ean=9781662859267).

**Quote |** *“Like the psalms in the Bible, this book was very heartfelt. I felt every emotion. I felt the depression, the rejection, the confusion, the sadness, the misunderstandings, the overcoming victory, the eye-opening realization of life, the good and the bad.” –* ***Amazon customer review*.**

**Book Title | *My Psalms: A faith-based poetry book***

**Author |** Indayia P. Foster

**Published Date |** November 29, 2022

**Publisher |** Xulon Press

**Genre |** Poetry, Inspirational, Religious

**Author Bio**

Indayia Foster is a young woman in her mid-20s, a sister of a twin sister and a younger brother. Indayia is a devoted follower of Jesus Christ. Since she was two years old, she grew up in a religious home. From her late teens to adulthood, she struggled with severe anxiety and depression. It wasn't until she grew to have her own relationship with God that she understood how wonderful He is and how much impact He has on her life.

In late 2020, she faced her own traumatic experiences that later taught her how to lean on the Lord for refuge and strength. These poems are her raw thoughts and emotions spoken into words, emotions that ignited in light of these devastating events. Her prayer is that others who may have had similar experiences can relate, take heart, and know that they are not alone.

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7. **2023 Los Angeles Times Festivals of Books**
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