

Look at This Blue by Allison Adelle Hedge Coke: A Literary Examination of Trauma, Resilience, and Healing



Look at This Blue by Allison Adelle Hedge Coke

★★★★☆ 4 out of 5

Language : English

File size : 4792 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Print length : 162 pages



Allison Adelle Hedge Coke's memoir, *Look at This Blue*, is a harrowing and ultimately hopeful account of personal trauma, resilience, and the healing power of art. Through a series of interconnected essays and poems, Hedge Coke explores the complexities of abuse, addiction, and mental illness, while also celebrating the beauty and strength of the human spirit. This article will examine the book's major themes, characters, and literary devices, revealing its impact and significance in contemporary literature.

Themes

1. **Trauma and its aftermath:** *Look at This Blue* is a unflinching exploration of the devastating effects of trauma. Hedge Coke writes about the physical, emotional, and psychological scars left by abuse, neglect, and addiction.

2. **Resilience and healing:** Despite the trauma she has endured, Hedge Coke is a testament to the human capacity for resilience and healing. Through art, community, and self-love, she has found ways to repair her wounds and find peace.
3. **The power of art:** Hedge Coke believes that art can be a powerful tool for healing and transformation. In *Look at This Blue*, she uses poetry, prose, and collage to express her experiences, find meaning in her suffering, and connect with others.

Characters

The central character in *Look at This Blue* is Allison Adelle Hedge Coke herself. She writes in the first person, sharing her own experiences and insights. However, the book also features a number of other characters, including:

- **Her mother:** A complex and troubled woman who struggled with addiction and mental illness. Hedge Coke's relationship with her mother was both loving and painful.
- **Her grandmother:** A strong and resilient woman who provided Hedge Coke with a sense of stability and love.
- **Her husband, Jim:** A supportive and loving partner who has helped Hedge Coke through her journey of healing.

Literary Devices

Hedge Coke uses a variety of literary devices in *Look at This Blue* to create a powerful and moving narrative. These include:

- **Metaphor:** Hedge Coke uses metaphor to create vivid and evocative images of her experiences. For example, she describes trauma as a "blue butterfly" that follows her everywhere.
- **Imagery:** Hedge Coke uses sensory details to create a rich and immersive experience for the reader. She writes about the smell of gasoline in her mother's car, the feel of her grandmother's hands, and the sound of her own tears.
- **Symbolism:** Hedge Coke uses symbols to represent complex ideas and emotions. For example, the blue butterfly represents trauma, while the color red represents both love and violence.
- **Fragmentation:** Hedge Coke uses fragmentation to reflect the fractured nature of her own memory and experience. She often jumps back and forth in time, and her poems and essays are often short and disjointed.

Impact and Significance

Look at This Blue has been widely praised for its honesty, courage, and beauty. It has won numerous awards, including the National Book Critics Circle Award for Autobiography and the Whiting Award. The book has also been used in schools and universities to teach about trauma, resilience, and the healing power of art.

Look at This Blue is a powerful and important book that has made a significant contribution to contemporary literature. It is a testament to the human capacity for resilience and healing, and it shows how art can be a powerful tool for transformation.

Allison Adelle Hedge Coke's *Look at This Blue* is a must-read for anyone interested in trauma, resilience, and the healing power of art. It is a powerful, moving, and ultimately hopeful memoir that will stay with you long after you finish it.

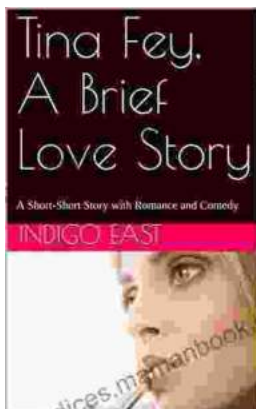
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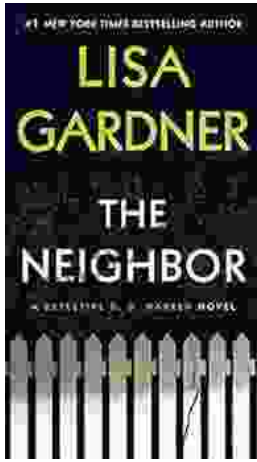
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