

Julio Carlos

Lifter



“Lifter is a collection that softly shares lessons learned the hard way, so broken souls can have a chance to learn, heal and shine once again.”

Available in : [E-book](#) // [Paperback](#) // [Kindle](#)

Want to know even more about the book? Here's a [2min comedy video explaining it](#) .

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J Man

★★★★★ **Short, Sweet and Uplifting**


Reviewed in the United Kingdom on 19 November 2020

This book is filled with bursts of inspiring verses. There is a definite theme here of gratitude, optimism and perseverance, which I think anyone can relate to. The only downside here is that it is all over very quickly, though reading one of these pieces daily would really work to give you an emotional boost at the start of your day. If you need something uplifting, look no further.

Helpful

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 Jim Steele

★★★★★ **Day by Day, Verse by Verse- Read, Live, Benefit**

Reviewed in the United States on December 6, 2020

Verified Purchase

This is 34 pages, the introduction and bio page notwithstanding. Each page has its own stand-alone bit of poetry. If you were to sit and read this in it's entirety, it might take you no more than a half hour. So, do that. Read the whole thing. But, along the way, highlight and remember parts of each verse. My recommendation would be to read the entire book of poetry, and then go back, reading only 1 page per day. Each verse could be that bit of inspiration or guidance needed to "Lift" you up and throughout your daily walk. I give this 5 stars for the effort put into it. A single poem, however long it may be, could be 5 minutes or 5 years in the writing. Even more difficult is to compile a number of poems, each with a central message of self worth and progression through life, yet each is also able to be read and appreciated on its own merit. Poems like that? They are not the easiest thing to write. I wish it were a longer volume of work. Very nicely done. -Jim

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Lifter Kindle Edition
by Julio Carlos (Author) | Format: Kindle Edition

★★★★★ 13 ratings

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Kindle
\$3.25

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Lifter softly shares lessons learned that all souls can have a chance to learn, heal and grow. Lifter will:

1. Instantly decrease your Anxiety & Depression
2. Teach you how to deal with depression & feelings

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 Julio C. Carlos

Reading age: 13 and up | Price: \$3.25

Customer reviews

★★★★★ 4.8 out of 5

13 global ratings

5 star	<div style="width: 80%;"></div>	80%
4 star	<div style="width: 20%;"></div>	20%
3 star	<div style="width: 0%;"></div>	0%
2 star	<div style="width: 0%;"></div>	0%
1 star	<div style="width: 0%;"></div>	0%

How customer reviews and ratings work

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Dedication and Acknowledgements

*All of those who forgot what is like to be
human and those who are human too much.*

Julia Carlos

Lifter

Lifter

Foreword

*Before we meet Felicity
we will face Adversity.*

*Before we reach the first,
we must foresee
and accept the last.*

Know my words be true.

Julia Carlos

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'Lifter'

Rise
above your thoughts
(You are in control.
You are in control.)
and appreciate
this gift of a day.

Just another,
if you decide so,
it could be the day it all changes,
or you, instead.

Rise.
Get off your bed,
and your own head
shut the whispers of fear
(and swing it!),
for life is happening today.

Julia Carlos

'A Victim no more (Oh Cruel World)'

“So cruel, unfair (!)
the World.
So cruel, it is, to me.”

Why keep playing the victim?
Why keep being the fool?
Does the world happen
to nobody else
but you?

Oh, how fortunate are we
(me and you)
that still hold the privilege to breathe,
have a loaf of bread to eat.
Oh! So fortunate are we
(you and me)
that find drinking clean water sweet,
for not being blind, deaf or mute
can still hear, talk
and those who we love see.

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Oh! YES! How fortunate are we
(we are?)
for not having the worries
of what tomorrow will *not* bring.

Oh yes,
for having a TV screen to laugh at,
for many do cry for weeks on end
knowing only hopeless misery.

Yes, yes, YES!
WE can do better,
for we are truly
#Blessed.

Julia Carlos

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'A.I.R'

Acceptance isn't so easy to achieve.
(If we don't learn how to appreciate what's
different...)

In suffering
we find pleasure.
(If we learn how to digest pain)

Resistance isn't always futile.
(For we do have to fight for something
in order to fully live)

Julia Carlos

'A Lesson in discernment'

You *cannot* be the top priority of everyone.
Know who values you most and focus your
energy there.

Lifter

by Julio Carlos (Goodreads Author)



Jada Reese's review

Jul 13, 2021



Wow, I am in awe of the words I just read. I'm not typically one to read something more than a few pages from beginning to end, but I read "Lifter" from start to finish in one sitting because I just couldn't turn away.

Everything Julio has written feels very relatable to me, as I have struggled with my mental health and with having love and worthiness toward myself. Pages 11 and 37 were very eye opening and I really felt the truth of the words hitting me deep inside.

Highly recommend reading :)

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'C3'

It takes character
in order not to play
with the emotions
that others entrust us with.

We all make mistakes.

It takes compassion
in order not to condemn
those who didn't hurt us.

We all make mistakes.

It takes...
courage,
to walk the path we chose
even if all we hear is nay-say.

We have all been afraid.

Julia Carlos

‘Unrequited’

As strongly as we may love them,
they might love somebody else.
Our love is not a guarantee of being loved in
return,
and that’s, O.K.
as long as we know
that just because
they don’t love us back,
doesn’t mean
we are unworthy of love in all its might.

We are perfect,
with all of our flaws.



Seriah S.

★★★★★ **Poetry That Speaks to the Heart**

Reviewed in the United States on February 1, 2021

I absolutely loved this collection of heart-felt and emotional poetry. Julio did a great job of incorporating the theme of mental health into his work, and highlighting the emotional rollercoaster we've all experienced. I definitely recommend buying this, if you haven't yet.

Helpful

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'A modern day prayer'

I am capable of more.

I can do better.

I can be better.

(It takes time...

It takes effort)

I can be more.

I am able.

I will.

I'm lovable.

I'm trying my best,
making progress by every attempt
and although it might not
be good "enough" for the world,
I am proud of the work of my hands.

I *will* get there.

Asé.

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'Love'

To love
is the ability
to keep yourself,
your goals,
and values aligned,
caring for yourself first,
and only then, for another.

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'Advice from the Broken Hearted'

Don't run after people
who run from you
(Life isn't a chase)
but once again, worth
is but perception,
(and our minds are flawed).

Care for those who put in effort,
for those who are there for you
(and just not with you), for their own
amusement
those who have the integrity
not to utter words of promise
they know they won't fulfil
(and oh, we have to be fooled and learn
before we can rightly see).

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'4th Row second chances'

Mistakes,
honest mistakes
backed up with effort,
are the proof that someone is trying.

Ignorance towards it is cruelty.

Forgive other's humanity,
(without giving in to whimpery).

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'We are all perfectly human'

Nobody is perfect. People feel, regardless.

No man is a rock.

Don't expect from others that that you yourself cannot do, or will not give.

Be kind.

Julio: Your poems are amazing! Each one has a very special and important message that I am sure will help many different readers, who are experiencing different things! I can see that you have experience with depression through your writing, and that you are saying all of this from the bottom of your heart. What you have written about is very important beautiful! Thank you for turning your pain into a healing mechanism for yourself and for others! Would you mind sending me a link to share with others?



1

People need to see this! :)

4:45 PM

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'A gesture of kindness'

A heart that has felt
the various degrees of ache
knows

... how light, can be, to one's soul
a gesture of kindness.

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'The Voice of the Enemy'

Are our hands tied
or do we listen to our hellish minds
that scream their non-belief?
How many times have we tried (?!)
in order to succeed?

They told us we can't,
that *they* don't believe,
but **who** are they to put us under their feet?!

NO!
Rise to make them see.
Prove them wrong
because unlike *them*,
you chose to believe.

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'Get up, Get out, and Live'

It's *ok* to be sad, anxious, depressed even,
but how you feel serves not as an excuse to
waste your life. Get up, go after your
dreams, take action at once!

You have nothing to fear.

You have nothing to lose.



Roi rated it ★★★★★

Oct 06, 2021

I knew I'd stumbled on a gem, when I read the dedication. *Lifter* is healing truth, delivered with love and compassion. I am grateful for these words and the author for sharing them. ([less](#))

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'Step'

Dark clouds in the sky.
It's a gloomy day.

Bummed out,
tucked in.

So much to do,
so much to do, still.

The courage to take the first step,
is the victory
if a battle that is only won by will.

Julia Carlos

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'The Burning Question'

How much is enough?
How much more will you take,
before you stand
for yourself?
For what's right (?).

How much will you accept
before you stand,
to yourself?

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'Neglected Miracle'

Love your eyes.
(They are trying to show the beauty of you.
Will you dare yourself to see?)

Adore, your skin and its fat.
(They keep you warm,
protecting you first against every enemy.)

Caress your belly.
(It keeps you full and powered.)

Recognize the miracle
you deny yourself to be.



Anna Walner rated it ★★★★★

Aug 26, 2021

Life itself, the sheer struggle of living can seem overwhelming at times. So many things taken for granted, so many small joys overlooked.

The poignant and unabashed prose is simple, but hits with the power of a heavyweight. As inspirational as it is thought provoking. Highly recommended. I will remember these words. There is so much truth here.

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Mary David-Snow rated it ★★★★★

Aug 27, 2021

Julio has been a personal inspiration for me, truly a lifter. This is the kind of book you want to return to again and again

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'The Worst Enemy'

Hush... those voices,
that roam inside your head,
night and day.

Devilish thoughts
parroting what haters said.
Sh...

calm,
down.

Come,
down
and realize:

You *own* them.
(See?)

Julia Carlos

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This is the end of the sample. Thank you so MUCH for reading! If you liked what you read, order your book in: [E-book](#) // [Paperback](#) // [Kindle](#)



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Want to know more about Lifter?
Here's [the playlist with videos and stories](#) about it! Don't forget to subscribe to [my Youtube Channel](#) so you can have more stories and insights about every book I launch and is already written.



Not sure if you want to buy? No problem, [here are the amazon reviews so far](#), and the [Goodreads reviews](#) for you to decide.

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 Julio C. Carlos

Reading age: 13-17 years

Customer reviews

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4 star		20%
3 star		0%
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Scribble's Worth of Words


★★★★★



Angela rated it ★

5 Stars

book data

5 ★		100% (8)
4 ★		0% (0)
3 ★		0% (0)
2 ★		0% (0)
1 ★		0% (0)

100% of people liked it

All editions: 5.0 average rating, 8 ratings, 7 reviews, added by 8 people, 0 to-reads

This edition: 5.0 average rating, 8 ratings, 7 reviews, added by 8 people

“It’s not music if there’s no soul in it. If sounds are soulless, they can’t make poetry.”

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Julio, I just want a Free Book
really? Alright! Here are 3
FREE books for you. have fun!

Cheers!

Julia Carlos