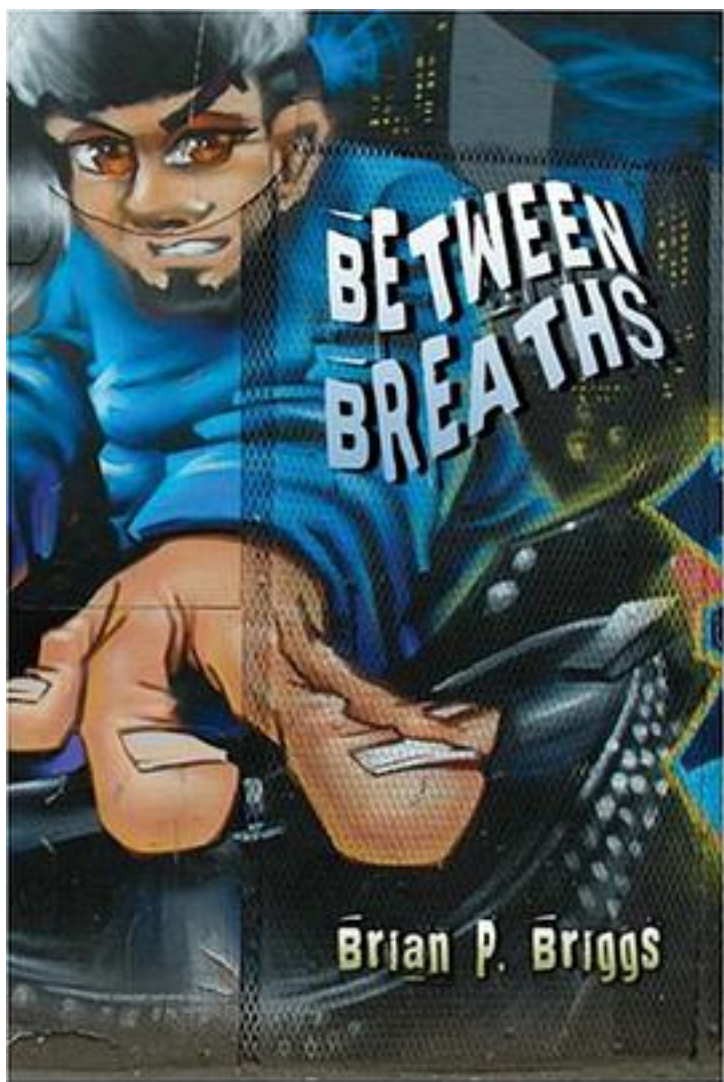


Between Breaths



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Born on Halloween in 1980, Brian Briggs has lived the majority of his life in Placerville, California. Diagnosed at age seven with asthma, Brian suffered chronic bouts of illness and repeated hospitalization, which led him to feel the imminence of death as a very real force. aWhen you constantly labor excessively just to breathe, your perspective on life becomes extremely acutea]and itas strange because every little thing matters since it might be the last, but at the same time, your ability to completely disregard anything you deem unimportant becomes amplified to an extreme.a Brian began writing creatively at age eleven. In 2004, he graduated from the California State University at Sacramento with a B.S. in business administration. Between Breaths is a collection of poems and songs written between 1994 and 2005. The volume memorializes his cathartic journey as a neophyte in the modern world. al am very lucky to be alive, and from my experiences I have no doubt that a higher power has played a direct role in my life and lam beyond thankful. Nowadays I live to feel, and I refuse to numb myself to reality anymorea]and although I know I could still die at any moment, I do my best to live a life I can be proud of, and I do that by living as if I will live forevera]by caring about my choices and their effect on everything around me. Remember to live as you should breathe, deeply and fully.a

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