



# The Element of Freedom

*O'Nika Barnette*

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## **The Element of Freedom** O'Nika Barnette

The Element of Freedom is a soulful poetry book about finding freedom, having pride in being black, and finding confidence. It is also about finding the self confidence and positive feelings about life and yourself. Element of Freedom is inspired by Dylan Thomas “ Go Gentle into the Night”, Madonna’s “Ray of Light” and Jean Rhys “Wide Sargasso Sea”.

O'Nika Barnette is from the beautiful island of St.Lucia. She has been writing since she was five and she writes in many genres. She writes Historical Fiction, Romance, Non Fiction, poetry, Fantasy and Spirituality . She has a BA in English Language and English Literature. She has also taken some graduate courses in Family Therapy and Counselling and is now obtaining a Masters of Divinity with a concentration in Pastoral Counselling and Care. She is also advocate for sexual abuse, domestic violence and child abuse victims and hopes to open a safe haven for these victims.

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