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Phetty Boys Ahe DISTOR

MEGANFOX

### dear reader,

All of my healers tell me that my throat chakra is blocked.

In case you aren't familiar, the throat chakra is the energy center that is related to communication.

Usually when someone's throat chakra is closed it's because they are not able to identify their feelings and articulate them in a way that is aligned with their emotions and intentions.

I don't have this problem.

My problem is that I deeply identify my feelings and have multitudinous ways of articulating them, but I am not able to express them because when I do it has made the men who have loved me feel intimidated, inadequate, and insecure.

And so I have spent all of my life making myself small so that others can feel confident.

I have a savior/martyr complex.

I've always believed I am meant to be a sacrificial lamb, a ransom for the soul of whichever beautiful, broken, self-absorbed idiot is currently hunting me down and draining me of my life force.

I am at once jaded and naive.

A hopelessly romantic open wound of a human with a blisteringly sardonic sense of expression that I keep mostly repressed except for the rare red-carpet moments or interviews when these observations kamikaze themselves from my mouth because I can't bear the weight of the artifice anymore.

But then one day it happened. One of said idiots finally broke me.

And from me poured these poems featuring previously unspoken feelings of ...

isolation, torment, self-harm, desperation, longing, restlessness, rage, and general anguish.

These are the experiences of many of us that I now give voice to in these poems.

This book is for anyone who has given much more than they received, or for anyone who struggles to believe they deserve to be heard.

This book is also for me.

Because fuck. I deserve better.

# love, megan



**i** used to believe love was a poem now i know love is a killing spree

• the indoctrination of a hopeless romantic

prettiest boy,
full of sadness and mischief.
your words are winsome and diaphanous
like the rain that momentarily collects on flower petals
my heart stretches eager to encapsulate your wounds
let me heal you.
violent boy,
full of rage and insecurities.
your hands are so beautiful and strong.
you use them to hurt me now.
delicate bruises splayed across my jaw
i wonder what you are thinking while i cry and beg you to stop

• fucked-up fairy tales

there he stands tall, thin, twisted like a tree you'd find in sleepy hollow refusing to grow toward the light instead he bends to the shadows hide hide hide the truth at any cost let her beg let her cry let her wither he's happy being sad so it doesn't matter anyway

• pretty boys are poisonous

When beautiful boys turn into evil things you will find that bibles and silver bullets will fail you eventually you will stop running you will stop fighting you will collapse into a pathetic little heap on the floor and as the ashes from the hand-rolled cigarette that dangles from his perfect cupid's bow lips fall into your eyes you will let him feast on your tears and your self-esteem and when he walks away with your soul in his mouth you will pray for death but instead you will live forever as the monster he turned you into

• lessons in hot-boy demonology

my protector

my abuser

my captor

my friend

my love

the creature that

seeks me

when he is thirsty

for tears

• eros

you can beg you can cry you can plead you can reason you can bribe you can seduce you can fight you can surrender but you can never outrun the wolves

• rape

not even cronus could bend time to alter our destiny no time stretched and swelled when i was alone with you on these days it was impossible to discern one minute from the amorphous shores of eternity but now there are fingerprints along my neck and bruises adorning my spine however ephemeral they appear to you for me they linger in the space where the light used to be in my eyes all these tears i've cried for you... oceans of grief my chest aches but i can never excise the hurt because you are the hurt fated like prometheus, chained to the rock, i offer my heart to you every morning and like the insatiable eagle you return every day to gleefully consume it and then you fly away

leaving me bound and bleeding in agony an imperishable suffering to love something so much

• greek tragedies lose their poetry when you live them

If romeo and juliet had lived long enough maybe they too would have gotten to the point where romeo was so numb to her that he would rather read twitter in bed than fuck...

because there's always tomorrow for that

or maybe the next day... or the next...

i dunno he's just so busy now

i still imagine she kills herself in the end though

only he doesn't follow

he just signs up for raya instead

• i would die for y— oh, j/k lol



i lie in bed praying for the sleep that never comes i can feel you reaching for me through the night across time zones and continents i'm trying to free myself but your energy grabs at me for dear life holding tight to my light desperate to illuminate your shadows keep running from yourself avoid the mirror use me instead how many times have you watched me die and still you don't realize that you are the reaper

• 4:46 a.m.

i didn't break your heart... i only damaged it says the boy as he merrily skips away into the flashing lights and applause his hands still covered in blood

• the avarice pursuit of money power and glory

you keep telling me it was an accident that you would never hurt me on purpose that you're just too young to have known better but what's the difference between manslaughter and murder? i'm still dead either way

• a 32-year-old narcissist quantifies his crimes

and my heart never rests because it does not trust the hand that holds it

• why i have insomnia



true love twin flame flame trusted friend naive girl so many secrets hiding behind your scorched-earth temper and when you asked me i said yes but i didn't understand yet why you always tasted like ashes

• to marry an arsonist

but how will you ever know if i'm smiling when you can't see past your own tears

• manic-depressive peter pan

She runs because she knows

the truth that lies

beneath your good intentions

• snow white and the complacent rock star



you are an addiction that no amount of prayers will ever cure my cries for relief floating unheard into the ether you are killing me but my heart won't give you up this thread through our past lives tightly wound around my neck siphoning my breath to fill your lungs my hands are bleeding from trying to free myself you offer me a smile content to steal my life knowing at least this way no one else will ever have me

• a beautiful boy is a deadly drug

irate, you protest loudly that you are a free spirit but your spirit isn't free it's an indentured servant to the entities that occupy you you're imprisoned by all of the demons you've bartered with renting space in your body to them in exchange for a life that doesn't even make you happy why do you sacrifice me to feed the things that haunt you

• the price of fame: one dead soulmate

mornings after you would hurt me i would wake up and make your coffee put on a sweatshirt so you wouldn't have to look at the bruises you left i wouldn't want you feeling guilty because like you say this isn't your fault your parents abandoned you no one ever taught you not to... it's just because you love me so much you don't know how to control all the passion you feel if anything i'm lucky imagine all the girls who don't get hurt for laughing at another boy's jokes how ineffectual and undesirable they must feel at this point you will remind me that my silence is in equal proportion to my love and so under the watchful gaze of your management i dutifully set out on my hero's journey to prove my loyalty by taking your secrets to my grave really i should be flattered and i am

• don't worry darling

you've used me and left me so threadbare that not even maleficent's spindle could bring me rest

• true love's kiss was a cancer not a cure



for three years i've been in this infinite desert every day on my knees praying for the sun to set so i can finally crawl out of your shadow

• 8 of swords reversed

i often wonder how something so pretty could be so iniquitous but they say lucifer was god's most beautiful creation and the way your body has had me speaking in tongues i can confirm that is not an allegory a paradoxical embodiment of heaven's brightest light and hell's most unimaginable wickedness • an angel with a fully automatic if i had a nickel for every time you showed up for me i would have exactly zero nickels but i know i've earned a mansion in heaven for all the times i forgave you for calling me a stupid cunt

• seventy times seven



your love leaves

bloodstains

on my bedsheets

• it's giving patrick bateman

**S**hapeshifter show me your face look into my eyes and lie again hide from your past hide from your path bury my light beneath your deception bury the truth beneath my longing tear the veil and let me see what can't be undone

• the fall

and to the girl who gave me her entire life for nothing in returni leave my violence and my resentmentmay she suffocate under the weight of all of my unhealedchildhood trauma

• the last will and testament of a selfish prick

the circus that is your life lawlessly spins around you and each of us has a role to play giving our most convincing performances as wonder-struck plebeians in awe of your talent and power it has now become time for me to deliver my lines i'm meant to reassure you of your unique and incomparable gifts just like all the others who have gone before me today but your tequila-drenched insults have caused the compliments in my mouth to turn to broken glass and i am so tired of the taste of my own blood that i swallow my words and fantasize about killing you instead while you anxiously demand to know why i'm smiling

• coercive persuasion



you've been fighting me for three hours like we're in a game of mortal kombat i start daydreaming of the look on your face when i tell you his dick was so much bigger than yours

• fatality

i prefer the agonizing psychological abuse of this trauma bond to the prosaic tedium of a regular life just please don't actually kill me because then it will be over and i'm addicted to suffering

• martyrdom vs. monotony

i go to bed with an affable angelic boy and i wake up next to an irritable stubborn brat what happened in those hours while you were sleeping? to what tormented lifetimes do your dreams take you where you become so lost to us you stumble through our life in an indignant haze your ego wearing thin every so often as to reveal a pure and delicate connection but moments later our love becomes misplaced in a lightning storm of alcohol and self-loathing you'll never understand how painful it is to always have to wonder who i'm giving my heart to today • the first rule of fight club

you are not real you are only a projection of qualities that you think others will find interesting the morose poet the reckless rock star the orphaned lost boy but really you are just a duplicitous snake and your venom pulses through my veins slowly killing me all while you smile for the paparazzi in your couture suit

• the devil wears dolce

i've learned to look at the floor when men speak to me i've stopped trying to share charming anecdotes over dinner because you always finish them for me and i certainly don't dare laugh at anyone's jokes not even your closest friends' because we've all seen what happens when a smile creeps across my lips that you didn't put there i put on my shortest dress and highest heels so that you can show me off while simultaneously keeping a possessive hand around the back of my neck my will has atrophied in my chest my feelings stick in my throat never forming words i forgot that i had a voice long before you decided to become my ventriloquist and somehow in spite of your genuine longing to be loved you prefer it this way

• the art of becoming an accessory



do you think my heart knew it was going to be an ineffectual sacrifice when it met you?

did it glibly agree to its torment and eventual murder?

did it volunteer to be the forlorn subject of this most grim of fairy tales?

does it beg his highness for mercy?

mercy!

mercy!

may his majesty have mercy!

starve.

cry.

bleed.

every petition for freedom met with an oblivious shit-eating grin.

• the emperor's new apathy

## i'm not a zealot

i didn't come here to die for your sins you crucify me then beg me to be your redeemer hanging the weight of your salvation around my neck like a noose

• leading a lamb to slaughter

they say that when the wind blows the spirits are talking so i stood outside in a storm today soaking wet and battered i let them speak they told me that i believe you are my hero whose integrity and kindness are just temporarily shrouded by the pain of your past and that most certainly it's my soul's purpose to save you so that we can finally live happily ever after but truthfully, the wind whispered, you have been my story's most insidious villain and this is my final battle my resurrection phase it's time to defeat you by rescuing myself • i am prince charming

they say that nothing lasts forever and so i drag myself out of bed and smile for my children counting the hours until i can dematerialize into the murky realm of my unconscious searching for even the most fleeting moment of relief from this devastating wildfire inside my chest

• one hour at a time



fire starter, douse me in gasoline step back fix your hair lace up your combat boots check to see who's watching light the cigarette ignite the flame rehearse for your performance as the grief stricken lover check your dm's as you watch me burn • i am ashes my soul is full of holes from your acid-soaked love

• 3:33 a.m.

passion: from latin; to suffer

• veritas

maybe the apple was actually a cock and maybe eve wanted it because adam was too busy, self-absorbed, and distracted to fuck her? maybe the original sin was a man taking a woman for granted

• i've always liked serpents



defiance you rush off to battle in your pink chariot trampling over the altars i carefully built to our love on your way to waging a war with yourself

• karmic pattern

## in

do you hear the sound of my cries echoing through every lifetime that you abandoned me to chase an illusion surely you hear the deafening cacophony of my event horizon tears eternal loop let me out how many more lives do i have to lay down for you until i'm set free • lemniscate

## karma

is the shiver that will run down your spine when you realize that he's fucking me to sleep every night while all of the lies that you told me haunt you in your dreams

• all in circles

i've humbled kings

alone

i've fought wars

against titans

still they foam at the mouth

attempting to silence me

because i am a mirror

that reminds them

of what they cannot have

you mistook me for a possession

when i was a nuclear weapon all along

• you wanted marilyn monroe but you got joan of arc instead



they say she dwells in the cities of the sea they say she was a banshee a demon hag that she seduces innocent men in their sleep they say she eats babies but really she was just a woman who refused to get on all fours so an insecure man could feel like a god

• the truth about lilith

like every woman they refuse to listen to my words instead they criticize the shape of my mouth as i speak them

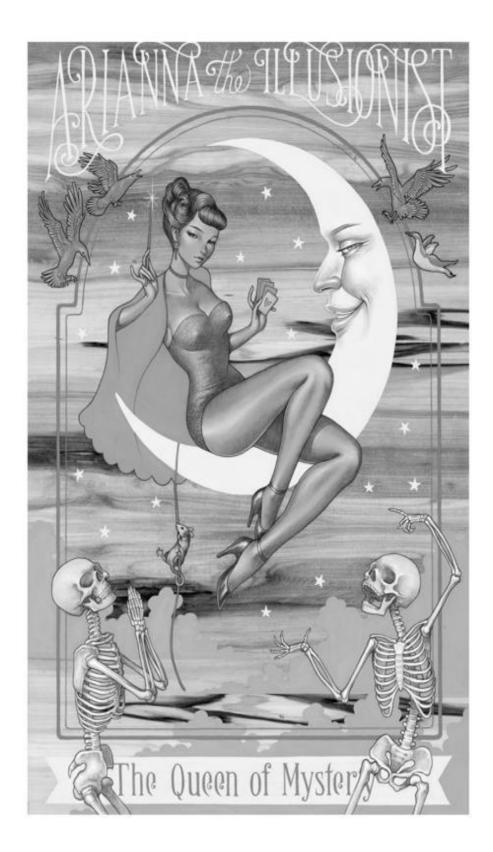
• i didn't sign up to compete in your bullshit beauty pageant

Not all goddesses fly some of us struggle on the ground as the mortal men we gave our hearts to keep their feet on our necks but one day we will remember our own names and turn them all to ashes

• hell hath no fury

lies pour from your mouth like rain falls in the amazon

• a slippery relationship with the truth



the further away from you i get

the more i realize

i was never small

it was just a matter

of forced perspective

• your optical illusion

he was born with the umbilical cord wrapped around his neck he was raised by schizophrenic wolves baptized by fire he speaks destruction because chaos was his first language his forgiveness isn't free his love leaves scars generational curse lost soul he'll never change because he made a home in the sorrow he built a castle out of rage • the loneliest king

you have beautiful lips but the poison that seeps out of them turns that baby face into a death mask

• you'd be so much more handsome if you'd get an exorcism

i wish your moods were as easy to predict as the weather but there is no app to help me navigate the treacherous landscape of your unhinged emotions

• boys without mothers



She was born in the wilderness she has dirt on her hands and stars in her hair she howls at the moon it knows her name he pretended to be from the wilderness but he was not made for forests he was cold and dry his eyes had lost their tears long ago he was a different kind of beast the kind that hides from the moon he creeps in the shadows so she doesn't see his fangs he wasn't born this way he was turned into this by family curses and sexual abuse but does the why even matter once she's been devoured bones and all?

• the werewolf attempts to apologize posthumously

i am realizing that this fairy tale will not have a happily ever after instead it will end prematurely with one of us reading a eulogy

• funerals are for lovers

i will always be in love with the man that you'll never become

• unrealized potential



i know that i'm too good for you but i still crave hades' touch even though it's harsh and unforgiving i'd still choose an eternal winter with you over an evanescent spring with someone else i'm still willing to live in the shadows because somewhere along the way i learned that i don't deserve to see the light

• pomegranates for sale

i'm tired of being a supporting actor in everyone else's life while being a featured extra in my own

• the stepford wife

**y**ou're always waiting to be rescued never willing to do the rescuing

• a 6-foot-4 damsel in distress

i hate men

• 7, the number of completion



Why am i still worshipping at the altar of your broken promises • false prophets i am learning that it is better to be a monster than to be hunted by one

• i'm not sorry

there was a time when i had never heard a man call me stupid pathetic bitch cunt slut idiot and there was also a time when i had never felt a man's hands hit me suffocate me or throw me to the ground but now if one of these things hasn't happened by wednesday i consider it a miracle

• i'm not sure that god agrees

i didn't realize how much of myself i was giving away or how much of me was disappearing until i turned on a light and couldn't even find my shadow

• but maybe if we use a black light we could still find all the stains you left on me



i cut everyone out of my life that you didn't like my assistant my friends my own sister i stopped doing the things that i loved i stopped waking up with the sun i stopped going on hikes i stopped drawing i stopped writing i stopped working i stopped dreaming of adventures i stopped eating i stopped laughing i stopped cumming i stopped sleeping i wore more makeup and less clothes my nails got longer my heels got higher i lost myself looking for your love

• an apparition in a miniskirt

it always starts with a cinematic monologue

your villain origin story

your eyes go black

and i know it's too late to run

you lock the door

my stomach turns

today my sin was that i followed your friend to the dinner table

instead of waiting for you to lead me

demon of wrath—what is my punishment?

you hold me down and perch on me like a demented bird

you spit on me and rub it across my face, smearing my makeup

"oh you're so pretty. everybody loves you. your life is so fucking easy,"

you say as you slip your fingers in my mouth and try to rip my face in two

you dig your knees into my thighs to pin me down

you choke me until there is a sickening crack

that echoes through the bedroom

but it doesn't wake you from your trance

you hit me

again

and again

i recognize the familiar taste of blood on my tongue

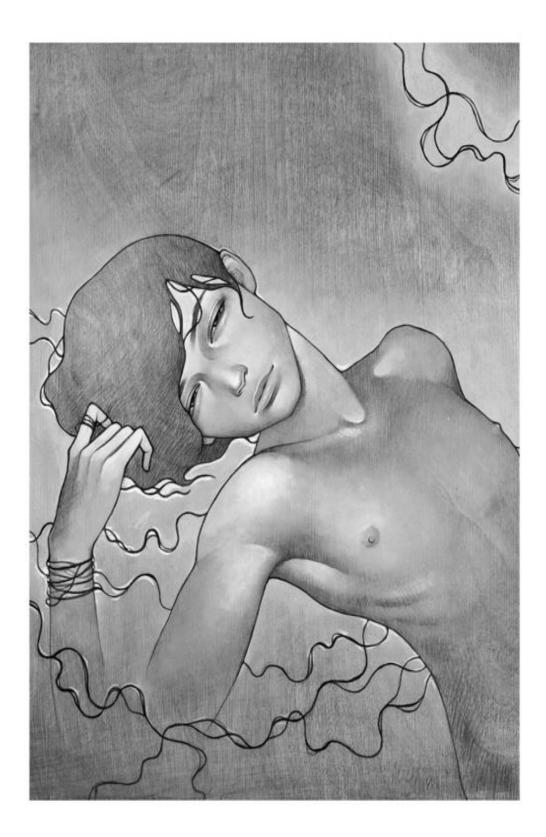
your hands are covered in my tears

mascara smudged along your knuckles "it hurts, doesn't it?" i say nothing you get angrier "you want me to kill myself, don't you? you're tricking me so i'll kill myself" delusional and possessed i'm watching you like a movie now the creature inside of you is dizzy with power my tiny body must feel so fragile beneath you hours pass and you are finally too tired to keep going i am covered in scratches and bite marks my eyes are red my fingertips are white from trying to pry you off of me my jaw aches my soul aches more you fall asleep on top of me so that i can't call my family or the police i don't fall asleep i lie awake and beg god to let me die

• oxycodone and tequila

When they ask you who was your greatest love don't whisper my name scream it and when they ask you what is your biggest regret don't write it in a song cut yourself open and write it in blood • prove it, orpheus Why do you so easily slip from my hands into a raging sea of insecurity and malice i follow after you doing my best to pull you back to shore but you are happy to drown me just so you can stay on the surface of your psychosis one sadistic moment more

• an involuntary immersive experience



my loyalty lulled you into complacency my trust grew you into a monster but there is no beast so fierce as a girl with a bullet in her head and an arrow through her heart you may have tried to kill me but still i stand and now my words will be the blade that cuts you down to size • you should have finished the job girls don't talk back girls don't ask for more girls don't want girls don't need girls don't take they give girls don't speak loud they whisper girls don't say no girls don't tell a boy's secrets when his sins are ones that only god can forgive

• absolution

it hurts

to see how i've

betrayed myself

trying to save

the souls of men

who do not want

to be saved

it hurts to see

how my legacy

will only rest

in the space

between my legs

• the book of mary magdalene



lick the wounds you inflicted while you were hunting me forget the sound of the bullets ignore the sting of the blade promise me a different life but give me more of the same keep me prisoner keep me prey leave me for dead when something nubile and naive comes wondering lost in your woods

• the wolf

It doesn't matter how beautiful, loyal, nurturing, sexy, witty, charming, smart, or altruistic you are.

he will still take you for granted

• why i wish i was gay

Our therapist asks us to close our eyes imagine ourselves old and at the end of our lives he asks is this, your beloved, the person who's holding your hand as you die? eagerly you say yes yes it's me that's holding your hand it's sunset and i'm there smiling weeping as i release you after our very long joyful life together back to the universe now it's my turn to answer i realize that no it's not you holding my hand as i die it's a nurse named cathy because you stopped at a bar to listen to a bunch of college girls tell you that they grew up listening to your music

they tell you that you're a legend your eyes sparkle as you live through their giggles and lip gloss and now i take my last breath with fucking cathy she will not smile she will not weep she will check the time as her shift ends in eleven minutes

• the ghost of christmas future

When you look at me i know you see the abandoned child the missing mother the alcoholic father but if you look deeper you will also see the pain caused by your words the bruises left by your hands the love lost to your lies and the treasure that turned to dust in front of your eyes

### • mirror



you thought that if you stopped watering me i would die but you forgot to dig up my roots and though you tried your best you weren't able to block me from the light and while you neglected me i trusted in the unseen and now there is a sequoia standing where that naive sapling used to be i've outgrown you and no matter how much you cry or beg i will never be your giving tree

• photosynthesis

go on a date they say go have fun they say you could have anyone they say it doesn't matter how many times i tell them that my soul has been seeking you for as long as i can remember that i had an image of you in my mind when i was a child that my heart sent out a sonar for so many years gray and lonely my hope vanishing my body aching until i finally found you again and instantly i recognized you soulmate sacred love tormentor no, you don't make sense to them

how can love look like this they ask i don't have an answer that satisfies them but i know that if this breaks there is no other there is only the void i know it's not the fairy tale they think it should be but you are the one who has held my hand from the beginning of time this journey isn't a pretty one and i can't make them understand that the only way i will really move on from you is when my body turns to dust • labyrinth

there is an ultrasound by your side of the bed 10 weeks and 1 day maybe if you hadn't... maybe if i had... do you think that if she could have she would have left a suicide note?

• i

heartbeat in my womb celestial threads weaving you into me rooted through me through the center of the earth connecting me to my beginning guiding me home you are my atlas embers of creation blowing in a windstorm made from clay made from stardust magical creature i want to hold your hand hear your laugh my redeemer breath of heaven my light but now i have to say goodbye i close my eyes

and imagine holding you tight against my chest as they rip you from my insides blood bone tears fever nightmares shadows crawling up my spine lost in this desert of demons unforgiven i will pay any price tell me please what is the ransom for her soul?

• ii



## about the illustrator

Audrey Kawasaki is a Japanese American artist, born and raised in Los Angeles. She currently lives in the UK. Kawasaki's work contains contrasting themes of innocence and eroticism, conveying the mysterious intrigue of feminine sensuality. Her sharp imagery is painted with precision onto wooden panels, the natural grain adding warmth to her enigmatic subject matter. Find her at audkawa.com or on Instagram @audkawa.

# about the author



PHOTO BY MEGAN FOX

Megan Fox is an actor, writer, and mother.

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