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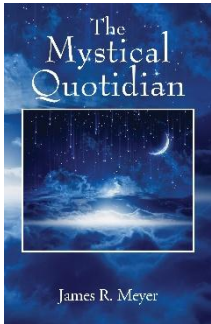
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New Poetry Release Explores the Edges of Everyday Reality: *The Mystical Quotidian* by James R. Meyer

January 16, 2026 – Denver, CO – Outskirts Press is pleased to announce the release of *The Mystical Quotidian* a new poetry collection by James R. Meyer, Ph.D. Dr. Meyer (a clinical psychologist with a background in cognitive therapy, meditation, existentialism, and psychedelics) offers readers an irreverent philosophical exploration of everyday experience and the mysteries that quietly shape it.



The Mystical Quotidian consists of over 180 short, lyrical poems reminiscent of the poetic style of Emily Dickinson. The poems reflect a wide range of themes with titles such as - "The Platitudes", "Confidence", "Intimacy", "Myths", "Time", "Love Gets Bored" and "The Narcissists".

The collection opens with the poem "The Margins of Reality," framing a central premise of the book: the boundaries of what we believe to be real are shaped by expectations, presumptions, culture, upbringing, habits, and the stories we tell ourselves.

The Mystical Quotidian should be of interest to those who enjoy psychology, philosophy, reflective literature and more traditional poetic forms.

In a time when many readers are seeking grounding, meaning, and purpose, *The Mystical Quotidian* explores a variety of perspectives on these issues which tend to open up more questions than provide answers. As Voltaire cautions us - "Doubt is not a pleasant mental state, but certainty is a ridiculous one."

Learn more at <https://outskirtspress.com/themysticalquotidian>

Book Details:

The Mystical Quotidian

By James R. Meyer

Genre: POETRY / General

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Available in: Paperback

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About the Author:

James R. Meyer, Ph.D. is a clinical psychologist. He is past-president of the Columbine Poets (the Colorado chapter of the NFSPS). Dr. Meyer is the author of two previously published poetry books—*The Lure: A Poetic Exploration of the Pleasures and Perils of Love* (Outskirts Press; 2005) and *Closer to the Edge: A Poetic Journey through the Skyways, Byways and Tunnels of Reality* (Outskirts Press; 2011). He was also a coauthor of *Cognitive Therapy of Personality Disorders* (Beck, Freeman, and Associates: Guilford Press; 1990).

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