

“Chella Courington’s *Girls & Women* reveals a fearless and ferocious sensibility that has been secretly stalking the poem for years, and has now rushed in for the kill. Ted Berrigan advised his coterie to write poems that were ‘feminine, marvelous and tough,’ and Lorine Niedecker sought T&G, or Tenderness & Gristle in her poems. Has Courington been conversing with Niedecker? Has she bedded Ted Berrigan? These poems, in their incredible timing and fabulous sense of the mysterious, are at times baring their formidable teeth, at times licking the human wound.”

—Eleni Sikelianos, author of *Body Clock*,  
*The California Poem*, and *The Book of Jon*

“Religion, sex, family, education—this brilliant collection of prose poems probes the body from personal and social viewpoints, examining how the body is sexualized, repressed, checked, and, ultimately, objectified; still, we get insightful images from Courington’s personal story and well-crafted prose poems.”

—William Allegrezza, author of *Collective Instant*,  
*Fragile Replacements*, and *Ladders in July*.

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A photograph of three women walking away from the camera on a railway track that curves through a dense forest. The woman on the left is wearing a black tank top and dark pants. The woman in the middle is wearing a light-colored sleeveless top and dark pants. The woman on the right is wearing a yellow t-shirt and dark pants. The track is made of gravel and metal rails, and the surrounding trees are lush and green.

# *Girls & Women*

CHELLA COURINGTON