

FIFTY-FIVE WAYS TO SURVIVE

POEMS FOR STRENGTH

BY LAURIER TIERNAN



“I struggled through twelve years of therapy for suicidal thoughts, but I overcame these dark thoughts. I wish to inspire people to move forwards toward their ideal lives, regardless of what’s thrown at them.” —*Laurier Tiernan*

Fifty-Five Ways to Survive is a poignant collection of poetry and artwork chronicling a journey from profound despair to self-awareness and spiritual connection. Laurier Tiernan shares the experience of life as a hereditary psychic medium, seeing beyond, while grounded in human limitations. These illustrated poems—some of which are translated into French—explore resilience, the soul’s endless evolution, and the quiet strength it takes to survive .

ABOUT LAURIER TIERNAN



The interdisciplinary queer artist Laurier Tiernan divides their time between Tokyo, Japan, and Edmonton, Alberta. Laurier’s writing has appeared in major publications across three continents, and as a voiceover artist, their work has featured in commercials and three regular programs on NHK,

Japan’s national broadcaster. A musician as well, Laurier’s songs have aired on over 100 radio stations worldwide. Their handwritten poems were featured in “Living While Marginalized,” an exhibition of LGBTQ+ and BIPOC artists hosted by the Penticton Art Gallery in British Columbia. In the same year, Laurier debuted in the TOHO film *Yokai Daisenso: Guardians* as Dracula. Currently, they host *Tiernan depuis Tokyo* on CKRP, a French-language radio station in Alberta.



PLOUGHS

They handed me some tools
To carry through this journey
And sometimes unexpectedly
A new tool will
arrive

CHARRUES

Ils m'ont donné quelques outils
Pour traverser ce voyage
Et parfois, de façon inattendue
Un nouvel outil arrivera

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English with French and Japanese translation
for select poems

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