**By Sarah Brown**

My heart is broken.
It's because I can't accept
Why do I forget?
Everyone should kill time
When the alarm sounds deep.

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**By Henry Knowles**

Why (e) still
I'm never lonely.
A friend for life to cheer me
Happy little pills

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**C25K yay!**

Inexorable weight gain
Bisoprolol blues

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**By Joe Horner**

Pills are insurance
A little reassurance.
Letting me be me.

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**By Dave Reynolds**

The drugs really work.
These pills keep me regular.
But not in that way.

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**HEART HAIKU**

They pop one by one
Tablet, capsule, small white pill
The beat of my life

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All these haiku were contributed as comments on heartytales.co.uk
Use these instructions by Drawn Poorly (drawnpoorly.wordpress.com) to help you assemble your zine. Depending on your printer, you may need to trim around the outside of your printed zine before you begin to fold. The dotted line in the middle of your printed zine shows you where to cut in step 5.

Many thanks to collaborative zinesters extraordinaire DRAWN POORLY for sharing this fabulous resource!