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Domenico Stallo releases debut poetry collection ‘The Essence of You’

A stirring exploration of love, vulnerability and connection unfolds in this anthology of time-stamped poems

SYDNEY – Author and poet Domenico Stallo announces the release of his debut collection, “The Essence of You” ([published by Balboa Press AU](#)), a reflective and emotionally charged volume of poetry inspired by a personal experience that awakened long-buried feelings and reshaped his view of love, self and connection.

The book debuted at #48 on Amazon Australia’s Bestseller List for a week and remained in the Top 100 Hot New Releases for four weeks, peaking at #46 in April 2025. “The Essence of You” has been ranked among the top-performing poetry books in Australia and globally. Stallo’s work has been praised by readers for its “raw vulnerability” and “soul-wrecking honesty.”

Written between September 2024 and January 2025, the book traces the evolution of an intense emotional connection, unfolding through poems that are grounded in time, place and mood. Each entry includes the date, location, weather and time it was written — an unusual structure that immerses readers in the precise moment of the poet’s experience. With each poem, Stallo creates an immersive emotional landscape that allows readers to go deeper into their soul and navigate through their path of self-discovery.

“The book is about a collision of two souls, where deep feelings are felt, and vulnerability and energy flow back and forth...,” the author states. “Nowadays, people are losing that connection with their own soul while imitating others and forgetting about thyself... My hope is to have initiated an opening for a deeper conversation by raising questions. By way of saying: dream, create, explore, and write. You have a voice that must be heard—do not let it be muted. You are a unique being; do not become the herd.”

“The Essence of You” will resonate with those seeking authenticity. More than just a tale of love, this book is a call for deeper human connection in an age of superficiality. “In his own words: ‘Let your hand write your emotions...’”

“The Essence of You”

By Domenico Stallo

Hardcover | 6 x 9in | 136 pages | ISBN 9798765201220

Softcover | 6 x 9in | 136 pages | ISBN 9798765201237

E-Book | 136 pages | ISBN 9798765201213

Available at Amazon and Barnes & Noble

About the Author

Born in Vibo Valentia, Calabria, Italy, Domenico Stallo is a poet, world traveler, helicopter pilot and former paratrooper with the Italian Special Forces, where he was awarded the Bronze Medal of Honor for meritorious service. His journey has taken him across continents in search of meaning, beauty and connection. Influenced early on by his mother’s love of literature and his own passion for language, Stallo’s writing is marked by emotional intensity, introspection and a timeless romanticism. The author began writing poetry at the age of 15, with early work developed in Milano, Italy, and later in London, England. He writes from the soul, drawing inspiration from bygone eras. His poetry reflects inner turmoil, passion and love, infused with a nonconformist spirit and a deep connection to the human experience. He is now drafting a children’s book. “The Essence of You” is his first published work.

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Since its March 2025 launch, “The Essence of You” has become a case study in indie poetry success — proving hybrid publishing’s potential when an author’s passion is amplified through their work beyond the page.