



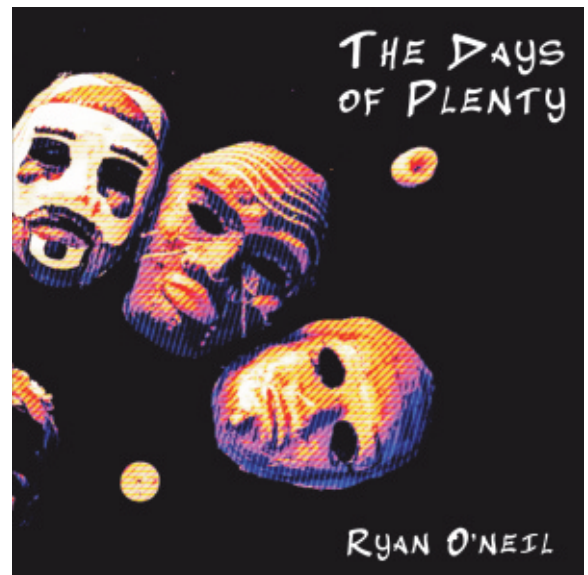
**Rosehall  
Press**

# The Days of Plenty

## Book Introduction

### (Short)

From analytical security to creative awakening: Ryan O'Neil's second collection is a striking visual diary of artistic reckoning. Through 61 poems and haunting photography in the style of a dark, twisted masquerade, *The Days of Plenty* charts a courageous career pivot and celebrates transformation, heritage, and the richness of memory. This is a powerful, modern love letter to a life finally lived in tune with one's own vibrant frequency.



### (Long)

## An Artistic Reckoning

Unveil the electrifying transformation of an artistic life captured in the poems and photography of *The Days of Plenty*, the second poetry collection from Ryan O'Neil. A magical carnival in an artistic journal, *The Days of Plenty* documents Ryan's courageous pivot from a secure corporate path to an artist's volatile, yet deeply rewarding journey.

Driven by an intense need to feed the soul, these verses chart the exhilarating yet difficult journey into a new life where security is sacrificed for creativity. *The Days of Plenty* is a compelling fotonovella that continues the visual poetry established in the author's debut, *Ritual and Ruin*. After five years of reflection and refinement, the narrative is framed within the immersive, provocative imagery of a dark, twisted masquerade, a visual metaphor deeply inspired by the electrifying catharsis and rebellious spirit found in Ryan's Caribbean heritage.

Filled with sharp romantic serenades, deeply introspective self-explorations, faithful psalms, and creative poetic experiments, *The Days of Plenty* emphasises Ryan's

poetic range, and highlights the richness in the way he recounts his memories through the pages. In the span of 61 poems and 61 photography pages, Ryan has crafted a stunning love letter to an era of his life and celebrates the act of remembering.

Step inside this vibrant world and feel the frequency of poetry tuned to a life lived fully in pursuit of creative truth.

## Book Information

**Print ISBN:** 978-1-7752075-4-2

**Ebook ISBN:** 978-1-7752075-3-5

**Publisher:** Rosehall Press, Toronto, Canada

**Page Count:** 186

**Poems:** 61

**Photography pages:** 61

**Genre:** Poetry / Photography / Visual Poetry / Fotonovella

**Thematic Notes:** Growth / Romance / Resilience / Diary / Experimental Literature





# Intended Target Market

The Days of Plenty, is positioned at a compelling cross-section of genres: contemporary poetry, visual art/photography, and narrative non-fiction focused on personal transformation.

It stands as a vital read for poetry and art lovers, as well as an invitation for a hybrid audience of Instapoetry, and graphic novel and manga lovers to engage with poetry in a deeper way. The personal transformation narrative also appeals to anyone who needs a creative perspective as they battle the complicated modern landscape of following your dreams. Ryan further stretches a hand to members of the Caribbean diaspora with stories that uniquely belong to Jamaica and her sister islands.

## **Key Primary Target Demographic Details:**


**Age:** 21 - 35 (Late millennial / Gen Z)

**Gender:** Female

### **Interests:**

Contemporary Poetry, Visual Art, Photography, Graphic Novels,  
Personal Development/Self-Help, Career Change, Creative Entrepreneurship,  
Caribbean Diaspora/Culture, Identity/Transformation.

### **Persona Psychographics:**

- \* Individuals who are seeking creative fulfillment, wrestling with career satisfaction, navigating life-altering decisions, or actively defining their cultural identity.
  - \* Individuals who value authenticity, emotional depth, and visual aesthetics.
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# Artist Bio

## (Short)

Ryan O'Neil is a Jamaican-born, Toronto-based multidisciplinary artist and author. His transformative career path saw him pivot from the analytical world of a Statistics degree (University of Waterloo) to a celebrated pursuit of art.

O'Neil's work, which spans poetry, photography, film, and performance, is an intimate exploration of personal transformation, Caribbean heritage, the migrant experience, and modern romance. His overall artistic mission is to establish a way of approaching poetry fit for the modern age and to use poetry in every medium he explores.

He is the author of *Ritual and Ruin* (2020) and the forthcoming visual poetry collection, *The Days of Plenty* (2025). O'Neil's recognized work has been featured internationally, and through collaborations with the Toronto Public Library and the Toronto Arts Council.





## (Long)

Born in Kingston, Jamaica in 1989, Ryan O'Neil spent his earliest years in the rural St. Andrew hills, a time that cemented his deep and abiding love for art and nature. His life was shaped by the contrasting cultures of Jamaica and Toronto, Canada, a duality that permeates his approach to his work. During this period, he took his first publishing role as editor-in-chief of his high school yearbook.

Despite this early creative passion, O'Neil followed a path of security, earning a degree in Statistics from the University of Waterloo. The expected stability of a corporate career, however, proved elusive and ultimately unsustainable. This pivotal realization prompted a profound personal transformation, driving O'Neil to embark on a self-guided emotional, intellectual, and creative journey that allowed him to embrace the title of artist.

Ryan O'Neil's artistic mission is clear: to promote creativity as therapy (particularly among the underserved black and Caribbean community) and to establish a modern approach to poetry fit for the current age. His multidisciplinary work, which spans poetry, photography, film, and performance, is anchored by key themes of personal transformation, philosophy, Caribbean heritage, the migrant experience, and modern romance.

His distinct, poetic pursuit underlies all his endeavors. Ryan O'Neil is the author of two collections; *Ritual and Ruin* (2020), and the forthcoming visual poetry collection, *The Days of Plenty* (2025). His recognized work has been featured internationally and integrated within the Toronto arts landscape through collaborations with organizations like the Toronto Public Library and the Toronto Arts Council.

The journey from analytical certainty to creative reckoning is at the core of O'Neil's powerful storytelling, inviting audiences to challenge themselves by examining their own emotions, and offering his own vibrant world as an example.





# Press Release

## Rosehall Press Announces The Days of Plenty: Ryan O'Neil's Visually Stunning Poetic Reckoning with Art and Transformation

TORONTO, ON – November 14, 2025 – Rosehall Press is thrilled to announce the upcoming release of *The Days of Plenty*, the second poetry collection from multidisciplinary artist and author Ryan O'Neil. Dropping on the 6th of December, 2025, *The Days of Plenty* is a striking hybrid of visual poetry and narrative. This book is a transformative rhythmic adventure, charting the author's courageous pivot from a secure corporate career to the volatile yet deeply rewarding life as an artist.

### An Artistic Reckoning

*The Days of Plenty* is a magical carnival captured in an artistic journal. It documents Ryan O'Neil's decision to abandon the analytical path of his University of Waterloo Statistics degree for creative fulfillment. Driven by an intense need to feed the soul, the collection emphasizes key themes of personal transformation, Caribbean heritage, the migrant experience, and millennial romance. The narrative is brought to life through 61 poems accompanied by 61 pages of immersive, provocative photography. The visual style is framed by a dark, twisted masquerade, a metaphor for rebellion and catharsis deeply inspired by O'Neil's Jamaican heritage.

*"Ryan O'Neil has created a modern artifact—a visually and emotionally rich collection that will resonate with anyone currently seeking courage in their own life,"* says Burnett Coburn, a Brooklyn based veteran of the Caribbean poetry scene in New York.

### Key Book Information

**Title:** *The Days of Plenty*





**Author:** Ryan O'Neil

**Print ISBN:** 978-1-7752075-4-2

**Print Format:** 8"x8" hardcover

**E-book ISBN:** 978-1-7752075-3-5

**Genre:** Poetry / Photography/ Visual Poetry / Fotonovella

**Publisher:** Rosehall Press, Toronto, Canada

**Publication Date:** 6 December 2025


**Page Count:** 186

## About the Author

Ryan O'Neil is a Jamaican-born, Toronto-based multidisciplinary artist. His transformative career path saw him pivot from the analytical world of a Statistics degree (University of Waterloo) to a celebrated pursuit of art. O'Neil's work, which spans poetry, photography, film, and performance, has been featured internationally and through collaborations with the Toronto Public Library and the Toronto Arts Council. He is also the author of the collection *Ritual and Ruin* (2020).

## About the Publisher

Rosehall Press, founded in Toronto, Ontario, Canada in 2024, is an artist-led publishing house dedicated to propelling the arts and the written word. Established by a team of artists with unique ideas for how their work should be seen, Rosehall Press focuses on art, poetry, and narrative projects, bridging the gap between digital and physical publication. The press is committed to empowering artists by providing a collaborative platform and pooling resources to produce works of art, hosting experimental events, and producing film projects that redefine the experience of art.





# Proposed Interview Questions

## **From Statistics at Waterloo to Art:**

Are there any analytical lessons you learned in the world of statistics that surprisingly became a valuable asset in the world of art?

How do you marry the need to exercise both sides of your mind?

## **From security to creativity:**

What was the exact "I quit" moment when the need to "feed your soul" became stronger than a steady paycheck and benefits?

## **Art as therapy:**

For someone who feels stuck in the life they've built, what is it you hope they can get from the book, or a therapeutic act they can take right now, based on your experience?

## **The Fotonovella Concept:**

Why did the story require this visual, almost cinematic format, rather than just words on a page?

What can photography communicate about your memories that pure poetry cannot?

## **The Masquearde:**

What is the power of the mask, and how does it relate to the themes of personal identity and hidden rebellion in the book?

How did this idea influence your Masquerade is Rebellion project?

## **On the diary format:**

Why was this act of diaristic accountability so important?

How did it change the final product from being a simple collection to what you call "memory work"?





### **Gaining inspiration from Caribbean heritage:**

The visual influence of Caribbean heritage is clear in your work, but how is it that Caribbean party culture inspired you with the idea of catharsis?

How do the deep cultural roots manifest in the rhythm of the written poetry?

### **The many romantic serenades:**

In a digital age where relationships are often fleeting, what does your poetry teach us about what modern, authentic romance truly requires?

The book at times feels as if it was written for an audience of one. Was there a special person you crafted it for?

### **On his interpretation of modern poetry:**

How do you define a "modern age" poem, and which established rules of poetry do you believe absolutely need to be broken today?

What evolutions do you think are necessary for poetry to thrive in the future?

### **Personal Reflections:**

Having chronicled this journey of becoming an artist, what has been the biggest and most unexpected reward of choosing the path of creative risk?

What do you want the audience to feel once they've finished the book for the first time?

## **Contact Information**

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Vimeo: <https://vimeo.com/ryanimagines>

YouTube: [@ryanimagines](https://www.youtube.com/@ryanimagines)



# Promotional Media

For the latest high quality images, please visit [www.ryanimagines.com/media](http://www.ryanimagines.com/media) or contact us directly.

## Video

### The Days of Plenty - YouTube playlist -

[https://www.youtube.com/playlist?list=PLNMTOYKHWtsRJUc5dnb\\_BJ-c1bMOmGZRu](https://www.youtube.com/playlist?list=PLNMTOYKHWtsRJUc5dnb_BJ-c1bMOmGZRu)

### Masquerade is Rebellion -

<https://www.youtube.com/watch?v=ObO0B94Mxyk&t=910s>

