

staying

mariam bayoeran

staying

© 2026 mariam bayoeran

all rights reserved.

no part of this book may be reproduced,
stored, or transmitted in any form
without written permission from the author.

first published 2026.

self-published by mariam bayoeran.

cover design: mariam bayoeran.

printed via bookmundo.

a companion novel to body first.

*for the ones who hold on tight
so no one can leave them.*

*this one is about staying
without holding on.*

the people in this book

noor, late thirties, berlin.

brilliant at fixing broken systems,
late-diagnosed, learning
that she is not one of them.

sofie, the best friend.

gets the voice messages, all of them.
mirrors every spiral back
until it loses its air.

juno, a ceramicist, they/them.

hands that do not rush
anything into its shape.

sasha, the neighbour from
the fifth floor. arrives with soup.

vera, holds the thursday circle.
has held a thousand first evenings.

emre, from the circle.
soft beard, softer eyes.

miso, the cat. the highest court.

the mother, two languages away.

and the ones who left,
they are in here too.
they do not get to drive.

how to enter

this book runs front to back,
but it forgives you if you don't.

if your body feels far away, start at

arrival

p. 9

if you just walked into a room of strangers, start at

the circle

p. 18

if you are activated right now, start at

keeping watch

p. 28

if you are longing for someone, start at

wanting

p. 40

if someone just asked for space, start at

the old story

p. 52

if you are angry at your childhood, start at

the child

p. 63

if you need proof that rupture is survivable, start at

repair

p. 73

if you need a reason to keep going, start at

staying

p. 82

arrival

berlin, february.
the sky a wet wool blanket.
noor notices
what is happening in her body.
solar plexus tight.
breath difficult to go through.
as if she swallows her breath.
she lifts her hands.
one touches her chest,
another her belly.
her belly rises and falls.
one deep inhale.
a long exhale,
with a sigh.
slowly her breath flows.
she feels the air goes through her throat.
her solar plexus softens.
one breath at a time.
one breath at a time.