



Myths and Maxims: A Catalog of Superstitions, Spirits and Sayings of Trinidad and Tobago, and the Caribbean

Josanne Leid

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Myths and Maxims is an eye opening resource on the historic and present day beliefs of Trinidad and Tobago, and the English speaking Caribbean. It is crammed with creative and incredible ancestors advice on everything from the dangers in picking up coins on the streets, to the awesome power of a piece of bread. It will explain how to recognise the well known spirits of the Caribbean and ways to escape and destroy them. There will be head nodding and shaking aplenty as Myths and Maxims' wise and common local sayings, spirits and superstitions runs the gamut of agreement, laughter, surprise and disbelief.

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