

ARTS & VARIETY

Poem Review: Pillow Thoughts by Courtney Peppernell

BY MALIA BRAIEDY

POETRY IS ONE OF THE oldest forms of art, as evidence of poetry pieces being found that date back to the times of cavemen and the earliest of shamans. Even our National Anthem, The Star Spangled Banner, was originally written as a poem by Francis Scott Key in the midst of the Revolutionary War.

Poetry is often associated with works such as Robert Frost's "The Road Not Taken" or Emily Dickinson's "Hope"— full of elusive metaphors and complex ideas. However, the poems in *Pillow Thoughts* by Courtney Peppernell aren't your basic Walt Whitman knockoffs. These poems are a beautifully designed album tributed to the growth of the soul, and to finding peace within the chaos of hurt.

To begin, this collection is divided into ten different sections, ranging from guidance prompts titled, "If you are in love," "If you are missing someone," and "If you need a reason to stay." Each section has a variety of poetry and prose regarding the topic of their titles, allowing it to be the kind of poetry collection where you can find what kind of words you need at the moment rather easily.

The illustrations themselves are so beautiful and well-placed that they don't take any attention away from the words themselves, but rather they contribute to the collections meaningfully. They only come around at the beginning of each section, but for those of you who are less about the words and more about the meanings, the poems are often rather short but hard-hitting, inspiring a thought train or a change of heart.

Courtney Peppernell also decided to make this wonderful work of art into a series, as since her original publication she has published *Pillow Thoughts II*:

Healing the Heart, *Pillow Thoughts III: Mending the Mind*, and *Pillow Thoughts IV: Stitching the Soul*. Often, I feel that sequels and series are sub-par to the original publication, but this set of books blew those expectations completely out of the water. As the first book is split into meaningful categories, the categories of the other books cover an even wider range of topics, from love and inspiration to loneliness and grieving.

Personally, I can't even begin to describe how much these poems have impacted my life, nor can I create a review that doesn't reflect the simple yet captivating energy that this book puts forth. I loved this collection so much that I actually got a line from one of my favorite poems tattooed onto me recently. As someone who has struggled with mental health throughout college, these selections inspired me in ways that words never have before, and I hope it can do the same for you. Wherever you're at in life, these poems are for you.

Check out her other works such as *I Hope You Stay*. She is also the coauthor of *The Space Between Us* with poet Zack Grey.

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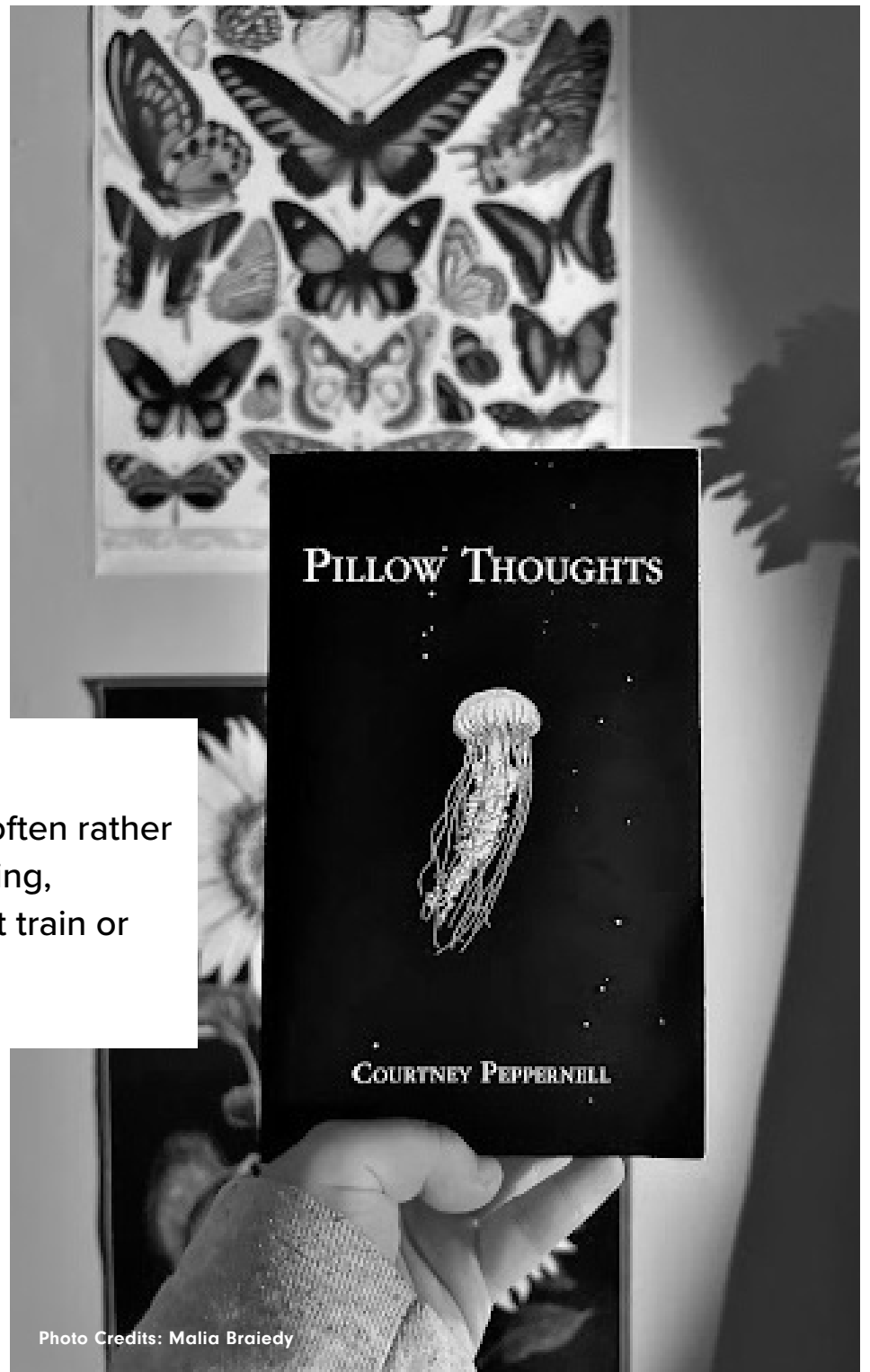


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