



Pillow Thoughts II: Healing the Heart

Courtney Peppernell

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Peppernell understands that healing is a process, and *Pillow Thoughts II* eloquently captures the time and experience that one goes through on their journey to peace through restoration.

A collection of inspirational and comforting poems for anyone who is mending from a broken heart.

Pillow Thoughts II: Healing the Heart Details

Date : Published August 7th 2018 by Andrews McMeel Publishing

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Author : Courtney Peppernell

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From Reader Review Pillow Thoughts II: Healing the Heart for online ebook

Audrey says

I absolutely loved this book because it's written in colloquial English and is so relatable to anyone who is or has been in any type of romantic relationship. It's perfect for people who want to remember what young love felt like or who want to heal a broken heart. This book provides hope for happiness and inspires readers to love themselves first and foremost. I highly recommend this book to anyone 13+.

Megan says

I received a free copy of this book from Netgalley in exchange for an honest review.

*"It hurt to love her
Days spent wondering if she would get better
But she could not save herself
and I started to realise
we weren't meant to be..."*

I rarely read poetry. In fact, the only poetry anthologies that I've read have been for school, but I thought I would broaden my reading horizon and pick this up. I did enjoy this collection of poems from Peppernell however none of them seemed particularly *poetic*. I know that seems stupid but for me, poems need to have deeper meanings and very few of the poems in this did. On the surface, I enjoyed them though, and there were a few where I just understood them so well. Overall, it was a decent collection but I wanted **more**

deidra says

Thank you Netgalley and Andrew McMeel Publishing for this ARC!

Once again, Courtney Peppernell's poetry does not disappoint. Pillow Thoughts II is the second collection of her poetry following the first Pillow Thoughts. After reading the original, I anticipated the release of Pillow Thoughts II. Peppernell's poetry is unlike any other contemporary poets I have ever read. She delivers thoughtful pieces that explore various topics, including love, heartbreak, sadness, loneliness, etc.

Additionally, the work is divided into sections, making each poem flow perfectly together and navigation throughout the book relatively easier. I particularly enjoy that feature because it's easier to locate specific poems once you fall in love with one (which, undoubtedly, you will), as well as makes it perfectly targeted to whatever you're feeling in that sitting. If you're feeling happy and in love, there's a section for that, or if you're feeling lonely and sad, there's also a chapter for that.

Her writing style is both relatable and inspiring, as well as simplistic. Sometimes I struggle with appreciating very simple poetry, however, hers is so dedicatedly crafted that I cannot help but appreciate it. It is an easy read, I think it would make a perfect beach/vacation read when you want a poetry book that is light and positive. The book itself contains such good vibes, that even while reading and definitely relating to the poems dedicated to heartbreak, I still felt a twinge of happiness and hopefulness. Peppernell manages to capture attention, inspire, motivate, and relate to readers of all kinds. I see this book as applicable to a variety of audiences, regardless of age. I love supporting an LGBT+ author, yet, she is able to write for a diverse

audience, again, regardless of sexual orientation.

All in all, I would highly recommend Pillow Thoughts II if you're a fan of contemporary poetry, just getting into poetry, or are looking for a fun read. I will continue to look forward to Courtney Peppernell's future works and support her books as she truly shines in her genre.

Krys says

Courtney Peppernell has put together another lovely collection of work all centered around the heart, from love to heartbreak and everything in between. I loved that the book was broken up into sections and that poems that fit the themes of those sections were placed together. I find her work relatable and easy to connect to, which is always important in poetry for me and keeps me coming back to her work. Can't recommend her enough.

Thanks to Netgalley and the publisher I was able to read this book in exchange for an honest review.

Simi says

An appropriate "sequel" to Pillow Thoughts, this is readable, relatable and a warm dose of self-care. The author is not afraid to be deeply personal, but despite the more sad content, the collection leaves you with a sense of hope, much like the first book. I look forward to reading more from this author in the future. Thank you to Netgalley and the publisher for an ARC in exchange for an honest review.

A sleep-deprived reader says

* Thanks to NetGalley for providing me this arc!

"But you need to stop getting so worked up about things that won't matter a year from now. It is relevant today, yes, but one day it won't be.

Stop punishing yourself for things that will eventually pass."

I highly enjoyed this poetry collection. (More than I thought I would...) Most of the poems were quotable and interesting, and I liked how they weren't about straight relationships. I mean, even the one line poems have an important message to deliver, unlike some of the modern poetry out there. I connected to some of the poems, something rare for me, and bookmarked more pages than not. However, and this isn't that big of a deal, but sometimes the rhyming seemed off. It felt like the author wanted to rhyme in a particular line rather than just let the rhyming come naturally.

But can we now talk about the beautiful cover and art inside?

R.J. says

Thank you NetGalley and Andrews McMeel Publishing for providing me with the ARC in exchange for an honest review

For this review and more check out lucieninthestars.ca

I have said it before and I will say it again, I have a difficult relationship with poetry. I was never really fond of it in school and often have a difficult time relating the words to what I feel of what I have experienced. That being said, I had absolutely no trouble relating to Courtney Peppernell's words with her latest collection: Pillow Thoughts II.

We have all experienced loss. Whether it's a friend you lost touch with, an ex-partner, or the very physical loss that comes with the death of someone close. But this isn't a collection about loss. It's a collection about healing.

I honestly don't know enough about poetry to accurately discuss the structure of Peppernell's poems but what I can say is you can find comfort in her words and they give the feeling of understanding and compassion. The feeling that you're not alone in your pain. A truly wonderful collection.

Noura Khalid ([theperksofbeingnoura](https://www.instagram.com/theperksofbeingnoura)) says

**You have every right to love your solitude
Being alone doesn't always mean you are lonely**

Thank you Netgalley and Andrews McMeel publishing for providing me with an ARC of this book in exchange for an honest review.

Another wonderful poetry book! This was the first book I read by Courtney Peppernell and I loved it! I could relate to a lot of the poems that she wrote. Poems about love and hope and healing. I can't wait for everyone to read this when it's released!

|| Blog || Instagram ||

Brittney Andrews ([beabookworm](https://www.instagram.com/beabookworm)) says

3.5/5 stars

The title of this is so fitting!

It's free verse "poetry", yes. But I appreciated it for what it was: just pillow thoughts. It reminded me a lot of the good ol' high school days when you'd be having problems with your boyfriend/girlfriend so you'd invite over your best friend for a sleepover, sit on your bed and vent to them, and they would just always know the right things to say.

My favorite poem:

Love isn't always about falling in love with a person. Love is passing your final exams. Love is watching the sun come up between the clouds. Love is finding the light when you were in the dark. Love is when your favorite TV show returns. Love is when your dog tilts its heads with confusion. Love is a free ice cream voucher left on your car windshield. Love is the leaves falling in the fall. Love is learning the constellations. Love is solving a ridiculous math problem. Love is the changing Starbucks menu for the seasons. Love is watching a child play in the sandbox. Love is warm clothes when they comes out of the dryer. When you've given up on love, all you're really saying is that you've closed your eyes.

I felt good after reading this book, and I think if you pick this one up, you will too!

In stores on August 7th 2018!

Thanks a million to Netgalley and the publisher for providing me with an ARC. Quotes are subject to change upon publication.

Brittany Berry says

While I love the premise of this collection and the idea of the jellyfish, I had a hard time connecting with 80% of the poems in this collection. The poems I didn't connect with tended to be more surface level and have a more cliché quality than the deeper, more meaningful poems.

~ Althea ~ (themoonwholistsens) says

Pre read: I'm so excited for this !!! Pillow Thoughts is an absolute fave.

// Thanks to Andrews McMeel Publishing and Netgalley for the ARC //

"... you are the castle a soul calls home ..."

Right when I think that poem books aren't original anymore, Peppernell comes with a fresh set perfect for reading in the warmth and comfort of your pillows and blankets. Something to warm your heart and ensure a goodnight's sleep.

Shirley Cuypers says

Original review

This book was provided by the publisher through Netgalley in exchange for an honest review. Thank you Andrews McMeel Publishing and Netgalley!

Pillow Thoughts II: Healing the Heart is a poetry collection of inspirational and comforting poems for those who are mending their broken heart.

You shouldn't lose sleep over somebody any more than they should lose sleep over you. Buy you do, we all do.

And we call this love.

Pillow Thoughts II: Healing the Heart is such a beautiful poetry collection. I loved every poem from this collection because they were so relatable and beautifully written. I requested this book on Netgalley because the cover intrigued me and the synopsis sounded promising, but I didn't expect *Pillow Thoughts II* to be this good!

The only negative thing I have to say is that the poems had no titles, which made it hard to make a 'favourite poems' list. But hey, if all the poems had titles, the list would probably never-ending!

It's in the moments you want to turn to them and share good or bad news that you realise how much of a hole is in your heart when they aren't with you. All you want is for the person you love most to be by your side.

I really enjoyed reading this poetry collection, I finished it in one day and I cannot wait to read more poetry books written by Courtney Peppernell!

Ariana says

Originally posted on: The Quirky Book Nerd

I received a copy of this book from the publisher in exchange for an honest review

I read this a few months ago, as soon as I could get my hands on a copy, and I am still at a loss for words when it comes to describing this work. I'll start by saying that the message of "healing the heart" rang so true all throughout these pages. It entered my life at the best possible moment—as I have been going through the mending of my own heart—and touched me incredibly deeply. She has a talent for crafting poems that are seemingly unassuming and straightforward, but that are, in actuality, extremely complex, vivid, and multi-dimensional. And the beauty of her writing lights up every line.

Each section of this collection focuses on a different type of healing, and makes for the perfect book to pick up either when in need of overall healing and positivity, or when going through a specific healing process. The range of emotion shown in these poems hits its mark time and time again, and makes this a widely accessible piece. Peppernell's words seamlessly fill one's soul with the comfort it is craving, as well as the healing you didn't even know you were in need of. There is such safety and peace within these pages, a reader's sanctuary where one can comfortably grieve and find release.

On a brief, more personal note, I discovered Courtney Peppernell's work about a year ago and she immediately flew to the top of my favorite poets list. The messages, values, and general positivity that she puts out to the world through her words has been exceedingly impactful for me, and I truly admire her—she is an absolutely beautiful person. I want to have the strength to fully acknowledge and express who I am one day, and it is people like Courtney that, without knowing it, give me more courage. She has a way of always inspiring me both in my writing and in accepting and striving to be my true self—and this is a gift that is meaningful beyond words.

And since I honestly cannot rave enough about her work, I very highly encourage you to check out this collection, as well as Courtney's previous poetry collections.

Julia Sapphire says

3.5

Maine Caulfield says

*You have every right to love your solitude
Being alone doesn't always mean you are lonely*

The biggest thing I feel, is that in order to enjoy most poetry the reader has to find a way to relate to it. I personally found this highly relatable, and beautiful.

I picked this book up because I thought the cover was great. I know, I know- "don't judge a book by its cover". I sure am glad I did though, because this was a great and heartwarming read. The author connected me to so many of my own pillow thoughts. It felt nice to know I'm not alone.
