

# Restless Mind, Quiet Thoughts

A Personal Journal

*"The story of Paul's life and death by suicide absorbed me, tormented me, transfixed me, infuriated me, and personally tore me apart with its brutal honesty. A deep and profound book that keeps alive an abiding relationship between a father and a son—a relationship more full of love and sharing than most of us will ever know."*  
Kent Nerburn, author of *Learning to Be Alone*

by **PAUL EPPINGER**  
With Charles Eppinger, His Father

# Restleb Mind Quiet Thoughts A Personal Journal

**Kathleen Armour**



## **Restleb Mind Quiet Thoughts A Personal Journal:**

## **Restleb Mind Quiet Thoughts A Personal Journal** Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has be more apparent than ever. Its ability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Restleb Mind Quiet Thoughts A Personal Journal**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we shall delve to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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