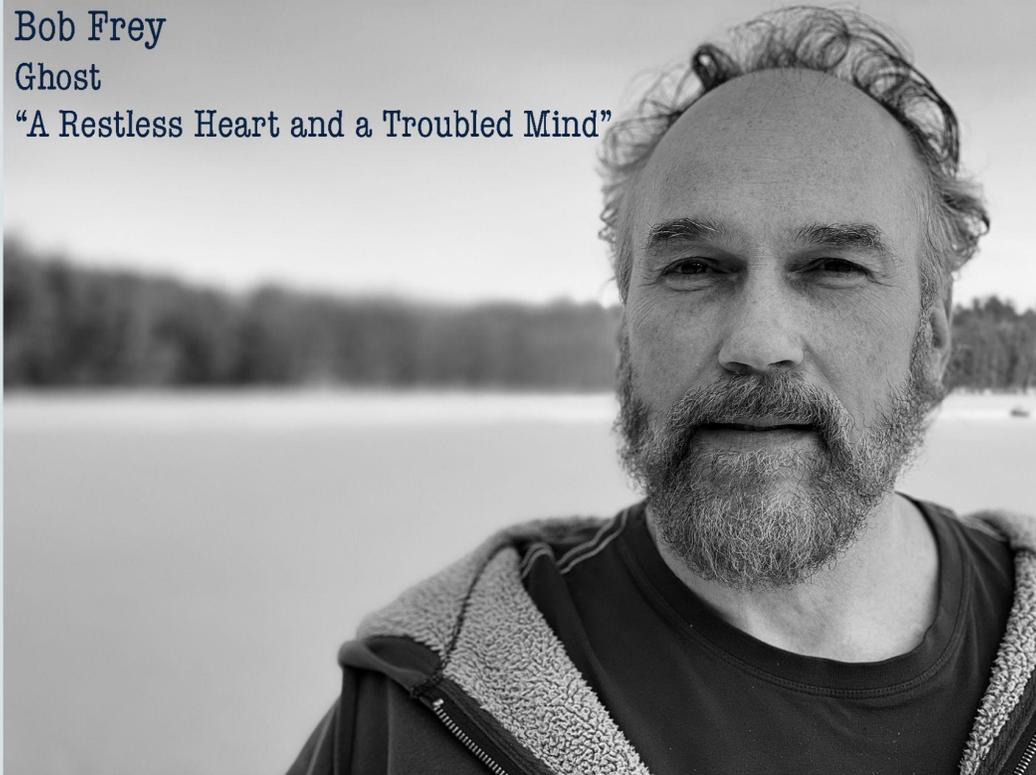


# “A Restless Heart and a Troubled Mind”

**Bob Frey**

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**Bob Frey’s single “A Restless Heart and a Troubled Mind” is the opening track and first single from his album “Ghost”. Mournful and melodic with beautiful violin and crisp electric guitar, Frey’s strong voice and articulate lyrics tell this sad and timeless story .**

This song feels like it’s been around forever; certainly, the story has been. It’s a classic tale of a young girl fallen for the wrong man. The song, featuring **Rachel Calvert’s (“Barbaro”)** soaring violin and **Marc Conklin’s (“The Buskers”)** tremolo guitar fills and stately leads, tells its story over a dark, minor key background.

The follow-up to 2017’s “**LongShot Deal**” album, (described by **Twangri-La** as “insightful and intelligent songwriting... poems set to music”), “**Ghost**” is an album filled with Frey’s well-constructed songs and “**A Restless Heart and a Troubled Mind**” is the perfect opening track. Beginning with an electric run played by Frey on his 1966 Gibson ES- 330, through his 1960 Gibson GA-5T amp, the song instantly feels familiar. The verses, set to Frey’s acoustic strum, tell the story of a young girl stuck with the consequences of a poor choice.

Having dismissed the warnings of both her mother and father, she is trapped and, at song's end, pleads for any help her brother and sister might offer. The song requires no chorus, and the violin and electric guitar fills and solos articulate the subject's sorrow just as well as the lyrics tell her story.

***“A Restless Heart and a Troubled Mind”***. When Frey first conceived this song, he almost immediately wondered, “Are there any other songs with this title?” It sounded so classic, surely a song with this title had already been written, right? An old Hank Williams song, maybe a Gram Parsons effort? But, to his delight, a little digging yielded no songs with this title. Writing on his 1946 Gibson LG-2, Frey found the perfect melody to fit the title and, soon enough, the lyrics to tell a tale that felt as old and timeless as the other two elements.

The first single from Frey's upcoming album ***“Ghost”***, ***“A Restless Heart and a Troubled Mind”*** sets the tone for this record. Recorded in the Northern Wisconsin woods, in the waning days of winter, the album is a collection of songs that somehow feel like they have always been around, already a part of the folk canon. Their sparse instrumentation- acoustic guitar, violin, electric guitar, harmonica- and Frey's warm and resonant vocals offer “A set of songs- some new, some older- and, like the days and nites in which they were captured, dark, but with moments of light apparent to any inclined to notice.”

In the album's liner notes, discussing the songs, Frey writes- “A murder ballad, songs of Love and Loss and Time and Struggle... I wrote all but a couple of these songs in the midst of my wife Laura's ongoing dance with Stage IV cancer, now 11 years and counting... To me, they have a very traditional feel, many resting upon very old lyrical forms of folk & blues. I left them very sparse... I wanted them to sound like they sounded when I played them in that big room in the woods.” They do. ***“A Restless Heart and a Troubled Mind”*** is a great introduction to this stunning collection of songs.

***“A Restless Heart and a Troubled Mind”*** is scheduled for release **June 14, 2022**.

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## **Bob Frey Brief**

Americana / Folk musician Bob Frey hails from Cleveland, OH but is based in Minneapolis, MN. Most often a solo performer, Frey shares his stories and songs with a loyal band of supporters at small clubs throughout the Twin Cities and beyond. A true songwriter, Frey delivers intelligent lyrics in his melodic songs- think **John Prine**, **Joe Purdy**, **Ian Noe**, **Jason Isbell**, **Todd Snider**- with a voice reminiscent of **Cat Stevens** / **Ben Harper**, yet still uniquely his own. In an increasingly impersonal world where music can sound overly perfect and lab-created, ***“Ghost”***, Frey's latest album, delivers the intimacy that can only come from real songs made with real instruments and recorded in a real place. The album's first single- ***“A Restless Heart and a Troubled Mind”***- is a great introduction to Frey, his writing, and this gritty and timeless record.

## **Bob Frey Bio**

Bob Frey is a singer-songwriter who has lived and performed in the Twin Cities since 1993. Frey honed his craft in the bars and coffeehouses of his hometown Cleveland, Ohio, as well as in Oxford, Ohio and Chicago, IL. A longtime devotee to the art of writing and performing songs, Frey's songs have a strong melodic base which, coupled with his unique and memorable voice, draws and engages his audience and proves to be the perfect vehicle for his wry, intelligent lyrics. Harry Kaplan, writing for [Twangri-La](#), wrote- "Smart songwriting is what Bob Frey is all about. These are not songs as much as they are poems set to music. They are incredibly tangible and all of them tell a great story or require some thought or introspection." **Bob Dylan, John Prine, Joe Purdy, Jason Isbell, and Todd Snider** are each songwriters and musicians Frey loves, and their influence shows in his work.

Frey has released four solo records- "**Tape From Minnesota**" (2004), "**Like A Train**" (2007), "**Nothing Hid**" (2013) and "**LongShot Deal**" (2017). His fifth record- "**Ghost**"- is scheduled for a **Spring / Summer 2022 release**. On each of these albums, Bob shows himself to be a versatile writer, his simple folk melodies forming a sound and solid base for his poetic observations and stories. Both in his shows and on his records, Bob frequently appears as a solo performer with just his guitar and harmonica, though often also offers a fuller version of his songs featuring some combination of bass, drums, violin, cello, organ and lead guitar.

Bob Frey is a performer who is comfortable in any venue, from coffeeshops to bars to larger halls. Whether live or on record, his laid-back demeanor, entertaining stories and, most of all, well-crafted, beautifully performed songs always leave his listeners hoping for more...

Frey's music has been featured on **Cities 97, KFAI, KARE11, Twin Cities PBS (TPT), Pandora, Apple Music, Spotify** and numerous other stations and streams across the country.

Frey is also a longtime teacher at the **Perpich Center for Arts Education** in the Twin Cities.

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## Bob Frey Profiles

Website: [www.bobfreymusic.com](http://www.bobfreymusic.com)

Facebook: [www.facebook.com/bobfreymusic](https://www.facebook.com/bobfreymusic)

Spotify: <https://open.spotify.com/artist/o3VqUW95nVwBA5GeqTCooU>

YouTube: <https://www.youtube.com/channel/UCsb1svgk74bpEEMttx8NNjA>

Pandora: <https://www.pandora.com/artist/bob-frey/ARw5cc3f5hh9wcm>