

# Ghost

**Bob Frey**

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**Bob Frey’s album “Ghost” is a stunning collection of sparse and timeless songs. Recorded in the waning days of winter in the Northern woods of Wisconsin, these songs are reflections on Love and Loss and Time and Struggle. Accomplished songwriting and stellar-but-understated musicianship make this a must-listen.**

“**Ghost**” is the follow-up to Frey’s 2017 “**LongShot Deal**” album, (described by [Twangri-La](#) as “*insightful and intelligent songwriting... poems set to music*”). 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.”

Discussing the songs in the album’s liner notes, 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.

In a pre-release review on [Folking.com](#), Bill Golembeski writes, **“Midwest singer-songwriter Bob Frey’s new *Ghost* album is a sincerely whittled selection of whiskey-soaked and quite wonderful songs that bleed with Gothic folk campfire prayers... and, as said, certainly conjures the deliberate enunciation of Bill Morrissey, and perhaps hits the brutal and brilliant honesty of a song by Jim Croce like ‘Lover’s Cross’.”**

Giving the record an **8.5/10** in [Maximum Volume Music](#), Damian Sullivan suggests, **“*Ghost*’ at times is a difficult listen. It’s not that it’s not enjoyable but that it’s an honest account or reflection on things that the singer is enduring or has lived through and with and you almost feel that you are intruding on something really personal. This singer–songwriter has what I’d call a lived-in vocal that really draws you in. At times I really felt that he had an inflection or tone that sounded similar to the sadly missed Vic Chesnutt. I think at times you could read whatever you want from the lyrics so we can all take something away. It’s an emotional offering but I’m sure that it was quite liberating for the artist. The message I will take from this album is that “Life is a journey to be lived and not a problem to be solved” and that’s no bad thing.”**

[AmericanaHighways.com](#) writes, **“It all sounds so timeless and even a little like Dylan.”**

From the opening electric chords of **“A Restless Heart and a Troubled Mind”** through the final soft and pleading verses of **“One More Time”**, Frey has created an album with an array of songs that are beautiful and honest and powerful in their vulnerability. Always the storyteller, Frey still stays close to home, writing about his dogs (**“I Wish I Was a Dog”**), his friends (**“Gig”**, **“Hard Luck Girl”**), and, most frequently, his love affair with his wife as together they face her Stage IV cancer (**“Paladin”**, **“Guillotine”**, **“Runner”**, **“One More Time”**). A heartfelt song he wrote with his teenage son (**“Movin’ On”**), a nasty murder ballad (**“Ghost”**), a very cool pondering of mortality in double-drop D tuning (**“Who’s a-Gonna Miss Me When I’m Gone?”**) and an old song about an ill-fated relationship from his early days in Minneapolis (**“Little Mystery”**) round out this very intimate and personal record.

In an increasingly impersonal world where music can sound overly perfect and lab-created, **“Ghost”** delivers the intimacy that can only come from real songs made with real instruments and recorded in a real place. In these songs, Frey writes with sympathy and grace and compassion, all things this world could use a little more of. **“Ghost”** is a record you should hear, and one you will not forget.

**“Ghost”** was released on **June 14, 2022**.

## **Singles**

**“A Restless Heart and a Troubled Mind”**

**“Hard Luck Girl”**

**“Guillotine”**

**“Ghost” / “Ghost” Video**

**“Runner”**

## **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**- with a voice reminiscent of **Cat Stevens** or **Ben Harper**, yet still uniquely his own.

## **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**, **Todd Snider**, and **Joe Purdy** 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**"- was released in June 2022. 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 coffeehouses 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 **89.3 the Current (KCMP)**, **Cities 97 (KTCZ)**, **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)

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