Rich Melcher’s new book offers ‘55 Reflections of a Searching SKEPTIC’

Eclectic readings offer encouragement on important spiritual and mental health topics

MILWAUKEE (PRWEB) November 07, 2019 -- In his latest book release, author Rich Melcher shares “55 Reflections of a Searching SKEPTIC: ~scanning the depths of spirituality and mental health~” (published by AuthorHouse), a potpourri of eclectic readings, including spiritual commentary, poetic expression, reflections on his bipolar disorder, and numerous other topics.

While it includes various topics and insights that anyone might relate to, the book revolves around the central theme of having the courage to speak up and speak out on important spiritual and mental health topics. There are no particular characters, although it represents moments of personal memoir. Moreover, it has a positive slant that aims to leave the reader uplifted and enriched.

“I learned about the topics through personal experience and study of the Bible and other spiritual sources,” Melcher says. “It is unique — there are no other books like it, with such eclectic readings that bring insight into so many diverse topics.”

At its core, “55 Reflections of a Searching SKEPTIC” aims to offer readers encouragement, clarity and enjoyment of reading about intriguing topics to ponder and share.

To purchase and know more about the book, readers may visit https://www.amazon.com/55-Reflections-Searching-Skeptic-Spirituality/dp/1728312361.

“55 Reflections of a Searching SKEPTIC”
By Rich Melcher
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Available at Amazon and Barnes & Noble

About the Author
On March 31, 1982, Rich Melcher put pen to paper to start writing a journal, which has unleashed over 16,000 pages of journal entries, hundreds of poems, numerous spiritual articles and seven books. He earned his bachelor’s degree in mass communications from Minnesota State University-Mankato in 1984, but did not go on to be a professional journalist. Rather, he opted to be in the field of education, working with special education students, and working with people with mental illness in various settings. Some of his book titles are “Teachable Moments,” “Just a Little Somethin’,” “Discerning Bipolar Grace” and “Journey with the Expanded Rosary.”

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