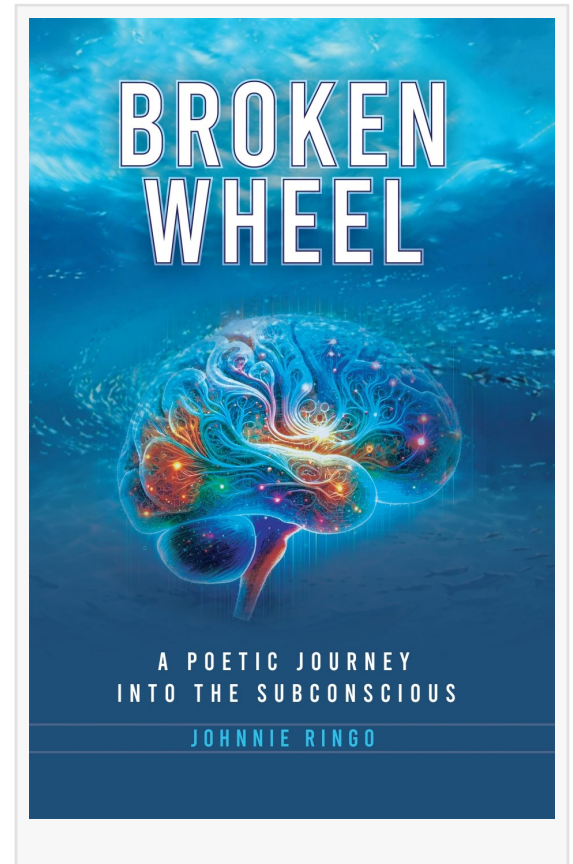


Broken Wheel: A Poetic Journey into The Subconscious, Unveils a Profound Exploration of Self-Discovery and Resilience

SAN FRANCISCO, CA, UNITED STATES, February 27, 2025 /EINPresswire.com/ -- What happens when life throws us off course, leaving us stuck in a cycle of uncertainty and self-doubt? In [Broken Wheel: A Poetic Journey](#) into The Subconscious, author and poet [Johnnie Ringo](#) takes readers on a deeply introspective and transformative journey through poetry, philosophy, and personal reflection. This powerful new release blends vivid, surreal imagery with raw honesty, offering an unforgettable experience for those navigating the complexities of identity, healing, and purpose.

who seek meaning in the face of life's struggles. Ringo's masterful storytelling intertwines poetic verse with philosophical musings, inviting readers to examine their own subconscious thoughts, personal growth, and resilience. The book's central metaphor, the "broken wheel" represents moments in life when we feel lost or unable to move forward, yet within this state of brokenness lies the opportunity for renewal.



A Unique and Thought-Provoking Literary Experience

What makes Broken Wheel stand out in today's literary landscape is its innovative approach. Ringo skillfully blends autobiographical storytelling with poetic reflection, crafting a compelling narrative that resonates with readers from all walks of life. Unlike traditional poetry collections, this book is structured as a personal journey, one that mirrors the ups and downs of self-discovery. Through dreamlike visuals, heartfelt confessions, and moments of unexpected humor, Ringo presents an authentic exploration of the human experience.

The author's lyrical style transports readers into his subconscious, where surreal imagery meets profound philosophical insights. Every poem is a window into his deepest emotions, offering readers not only a sense of connection but also an invitation to embark on their own introspective journey. This fusion of poetry, autobiography, and philosophy makes Broken Wheel

a standout addition to the poetry and self-help genres.

Who Will Be Inspired by Broken Wheel?

Ringo's work is designed to reach a wide audience, appealing to those who seek both artistic beauty and meaningful life lessons.

- Lovers of Poetry and Autobiographical Works – Those who appreciate lyrical, emotionally rich writing will find this book captivating.
- Philosophical Thinkers – Readers intrigued by existential questions and the deeper layers of human consciousness will connect with the book's themes.
- Fans of Unique Narrative Structures – This book is perfect for those who enjoy literature that transcends traditional formats, weaving together multiple storytelling techniques.
- Individuals on a Journey of Self-Discovery – If you are seeking personal growth, healing, and inspiration, Broken Wheel serves as a beacon of hope and empowerment.

Meet the Author: A Life Defined by Resilience and Creativity

Johnnie Ringo is no stranger to overcoming obstacles. A 42-year-old Army veteran, US Paralympian, and published poet, he has lived a life marked by perseverance, transformation, and unwavering determination. Despite dropping out of college, he has continuously pursued knowledge and self-improvement, earning multiple certifications and dedicating himself to physical fitness. His passion for writing and poetry has served as both a creative outlet and a means of personal reflection.

Beyond his literary pursuits, Ringo is a devoted father and active community volunteer, embodying the values of service and resilience. His life experiences, ranging from military service to competitive sports have profoundly influenced his writing, infusing his poetry with themes of endurance, self-discovery, and the pursuit of inner peace.

His accomplishments include:

- Three-time Plume Award winner
- Semi-finalist in the Poetry Nation Contest
- Recipient of the Amazon Bestseller Award
- Featured interviewee with Rhonda Grant & Steve Richards

Through Broken Wheel, Ringo channels his life's journey into a poetic exploration that is both deeply personal and universally relatable.

Key Themes in Broken Wheel

Ringo's work touches on many themes that are essential to the human experience. Some of the book's central ideas include:

- Self-Realization and Growth – The process of understanding oneself and evolving through life's challenges.
- Resilience and Healing – Overcoming emotional and psychological obstacles through introspection and determination.

- Introspection and Reflection – A deep dive into the subconscious mind, exploring the nature of thoughts, fears, and aspirations.
- Humor and Optimism – A refreshing balance of lightheartedness and depth, ensuring that even heavy topics are approached with hope.
- Transformation and Renewal – The idea that even in moments of brokenness, there is potential for growth and reinvention.

A Narrative That Speaks to the Heart and Mind

One of the book's most distinctive elements is its blended narrative style. *Broken Wheel* does not follow a conventional poetry format; instead, it seamlessly merges autobiography, poetic expression, and philosophical reflection into a cohesive and engaging experience.

The use of vivid, surreal imagery further enhances the book's impact. Ringo's writing transports readers into an almost dreamlike state, allowing them to explore his subconscious world while reflecting on their own thoughts and emotions. Each poem serves as a stepping stone in the broader journey of self-awareness and healing.

The central metaphor of the "broken wheel" ties the narrative together, reinforcing the book's themes of feeling lost yet ultimately finding one's way. This symbol will resonate with anyone who has ever faced moments of doubt, hardship, or personal transformation.

Despite tackling profound and sometimes difficult topics, Ringo infuses his work with humor and honesty, making the journey accessible and relatable. The contrast between introspection and lightheartedness adds richness to the reading experience, ensuring that every page is as thought-provoking as it is emotionally compelling.

At its heart, *Broken Wheel* is a testament to hope and resilience. Through poetry and reflection, Ringo reminds readers that even in our most broken moments, we can find strength, purpose, and renewal.

Why *Broken Wheel* is a Must-Read

With its deeply personal yet universally relatable themes, *Broken Wheel* offers a unique reading experience that lingers in the mind long after the final page. Readers who appreciate poetry with depth, honesty, and philosophical insight will find this book to be a powerful and rewarding journey.

Whether you are facing personal struggles, seeking inspiration, or simply drawn to poetic literature that explores the human psyche, *Broken Wheel* is a book that will resonate on many levels.

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