



GRIEVERS LIBRARY

Take Comfort. Take a Book.

FOR IMMEDIATE RELEASE

Little Library launches with Free Books for the Bereaved

SEATTLE, WA., July 26, 2022— Grievers Library, stocked with free books for bereaved children, teens and adults, is launching its first Book Box on Thursday, August 11, 2022 at 3pm in front of the Greenwood Senior Center at 525 N 85th Street. Refreshments will be provided and hoopla is planned.

Why free grief books? Grievers are lost souls desperately seeking answers: How to cope with their despair and disorientation? How to support a bereaved child or teen? What religious or spiritual practices resonate? Why has a loved one died of cancer, or SIDS, or taken their own life?... These and many other questions are answered in the myriad of thoughtful books written by experts and grievers alike that occupy the canon of grief literature.

But finding the right book can be challenging. Many important books on death and grief are out of print or self-published; bookstores only promote their best sellers; the public library classification system is confusing to navigate with popular grief-related books in short supply.

24/7 Public Book Boxes | Grievers Library Book Boxes are planned for five distinct Seattle neighborhoods filled with 50+ diverse grief books labeled with explanatory tags for easy selection by overwhelmed grievers.

Global Grievers Library | For folks further afield, Grievers Library has uploaded 22 lists of grief-related books to a global public library database. Grievers can type in their county, city or zip code and see what titles are available in their local branch library.

1 to 5 Minute “EZ Reads” | For grievers who just cannot focus or get out of their chairs, Grievers Library offers succinct, meaningful “EZ reads”—excerpts from books, blogs and research papers—on our website.

Grief takes its toll both physically and emotionally. Grievers often suffer from body-numbing pain in addition to mind-numbing sorrow. Mental health issues include depression, inability to sleep, anger, anxiety and, alarmingly, suicidal thoughts. Complicated grief can last for years; bereavement is a lifetime condition. Grievers seek multiple means to cope with their grief. Research shows that reading books ranks high on the list of most beneficial, positive activities for bereaved individuals. To learn more, go to: www.grieverslibrary.org

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