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ROCHESTER AUTHOR DAVID B. SEABURN DRAWS ON BACKGROUND AND EXPERIENCE TO PEN NEW NOVEL, *MORE MORE TIME*

Community Book Launch Party on October 1 at Writers & Books

Rochester, NY—If “write what you know” are words to live by, then **Spencerport author David B. Seaburn** should have fodder for many years’ worth of books. The wisdom gained by the author’s 30-year career as a marriage and family therapist and tenure as a parish minister contribute broadly to his fifth novel, *More More Time* (Savant Books and Publications, July 2015). Readers describe it as **a compelling and thought-provoking story of six intertwining lives set against the limits of time.**

Through his characters—lively, funny, a bit lost or wounded, yet resilient and hopeful—Seaburn **explores issues that every individual faces during a lifetime.** How do we make relationships work? Who can we trust and love? What is the impact of loss on our lives? How do we use the time allotted to us, even though we have no idea how much time we actually have? “I think that we are always wrestling with these questions; we are always looking for answers,” Seaburn says. **“It’s through this process that we make sense of our lives and give them meaning.”**

A **free book launch party** is open to the public on **Thursday, October 1 from 7-8:30 pm at Writers & Books** (740 University Avenue, Rochester). The community is invited to stop by and hear Seaburn’s reading from *More More Time*—which will be available for purchase—as well as share conversation and refreshments.

The book also has made the finals in City Newspaper’s **“Best of Rochester 2015.”**

More More Time was inspired by a game of the same name the author played with his oldest grandchild when she was a toddler. The novel is set in motion when 62-year-old Maxwell Ruth falls down his basement stairs and the words “endingtimeendingtimeendingtime” start playing in his head. Enter the lives, loves, and losses of three couples in search of something. Each could use *More More Time*, but the clock is ticking and time is short.

Readers will find the themes of aging, intimacy, loss, self-discovery, marital discord, infidelity and childhood abuse food for thought and conversation for book clubs, educators, counselors and many others. “This is without a doubt one of the most thought-provoking and deep stories I have read so far this year,” wrote a reader. “The characters are wonderful and very well written.”

A native of Ellwood City, Pennsylvania, Seaburn began to write seriously when he was in seminary, but his writing became more disciplined and productive while working as an Assistant Professor of Psychiatry and Family Medicine at the University of Rochester Medical Center for nearly 20 years. He also taught, practiced and conducted research—publishing over 60 academic articles and two books—while directing the Family Therapy Training Program (Psychiatry) and coordinating the Psychosocial Medicine Rotation (Family Medicine). In 2001, Seaburn started writing fiction, publishing his first novel, *Darkness is as Light* in 2005. That same year, he left the Medical Center to become director of the Spencerport Central School District’s Family Support Center, a free counseling center for students and their families.

In 2007, he published *Pumpkin Hill*, and, since his retirement in 2010, has published three more novels, including *Charlie No Face* (2011), a **Finalist for the National Indie Excellence Award in General Fiction**. Of *Charlie* one reader gushed, “I was sad to reach the last 50 pages of this book; the author wrapped up the story in a way that will forever hold its place in the top 5 books I have ever read!” Seaburn followed the success of *Charlie No Face* with *Chimney Bluffs* (2012), and this year, *More More Time*.

Regarding the characters in *More More Time*, Seaburn notes that “From the outside, these look like small lives, small people, who aren’t very exciting, whose lives seem mundane.” He further explains: “If they were doors, you would walk by and feel no need to open them. But if you did, you would find largeness, for lack of a better word. Large struggles, large losses, large hopes. The kinds of experiences that are woven into the fabric of what it means to be a plain old human being in the world. *More More Time* is one more attempt to open some of the doors and take a look inside.”

Seaburn also writes a regularly featured blog for the magazine *Psychology Today*, entitled *Going Out Not Knowing* (<http://bit.ly/1V64fsV>).

More More Time is available in paperback and retails for \$16.95. It can be purchased online through Amazon (<http://amzn.to/1gr9RLd>) and Barnes & Noble (<http://bit.ly/1MhosUV>).

NOTE: Photos and interviews with the author are available on request.

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