

A Sacred Farewell to Grief: Debut Collection by Widowed Mother Offers Poetry for the Broken and the Brave

THE GRATIFYING RELIEF OF BEING FORGOTTEN by BK

PRINEVILLE, OR, UNITED STATES, November 3, 2025 /EINPresswire.com/ -- In [THE GRATIFYING RELIEF OF BEING FORGOTTEN](#), poet BK invites readers into a space where pain can transform into beauty and survival is a quiet act of grace. Written across six transformative years — from the trembling hopes of adolescence to the hollow ache of widowhood — this collection is both a requiem and a resurrection.

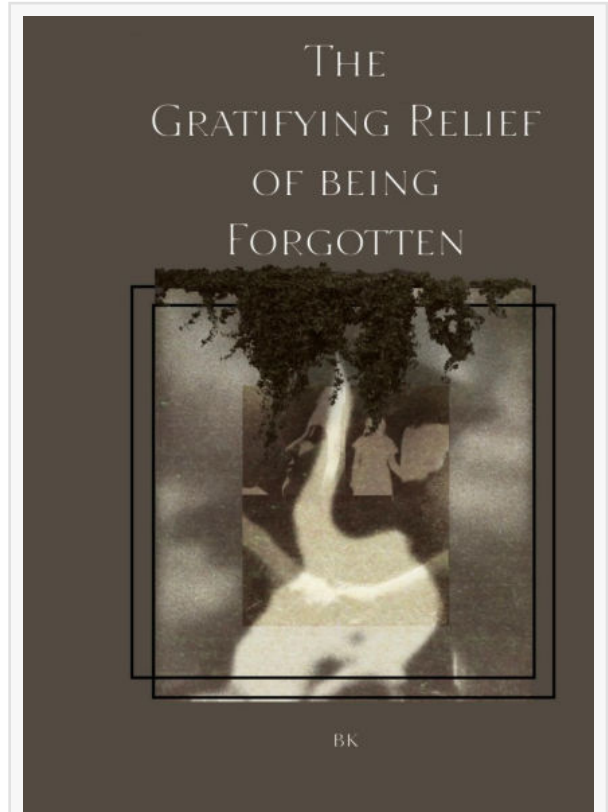
Described by readers as “relatable, captivating and heart-wrenching,” BK’s poetry captures the ache of being human — of losing love, finding purpose and learning to breathe in the aftermath. Her words speak to those who have felt invisible, forgotten or left behind, reminding them that even in stillness, healing begins.

“This collection is a gentle requiem for the lonely, a hymn for the forgotten, and an ode to the relief found in surrendering to something greater,” BK states. “For those who find peace and solace in the dirt, *THE GRATIFYING RELIEF OF BEING FORGOTTEN* is a sacred farewell.”

BK’s story is as extraordinary as her art. At just 21 years old, she has lived a lifetime of heartbreak and renewal. Widowed and pregnant at 20, she faced unimaginable loss while battling severe anxiety, depression and PTSD. Through poetry, she found the language of survival — a way to transform grief into something constructive and beautiful.

“I have done so much work to heal and be the best mother I can be for my daughter,” she reflects. “I have realized that to heal, you must first acknowledge the bad, be realistic about the present, and never stop looking toward the future.”

Nature, memory and motherhood pulse through the collection, grounding its verses in earthy



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Five-star review

imagery and quiet wisdom. Readers have praised the book's raw honesty and emotional power:

"Filled with heart-wrenching pain and experience ... a fantastic book of love and loss. I absolutely recommend it to anyone who wants to experience something real and from the heart."

"The poems show the range of experiences that come with living life and losing the one you love. It captures the perspective of daughter, lover, mother, friend and human."

"I needed to drink in every word ... so raw and expressive. Extremely captivating!"

With her first collection, BK has created more than a book of poems; it is a soft place for the wounded to land, a testament to resilience and a reminder that beauty often blooms from what is buried.

THE GRATIFYING RELIEF OF BEING FORGOTTEN is available exclusively on the [Barnes & Noble](#) website.

AUTHOR BIO

BK is a writer based in Central Oregon. At 21, she crafts introspective prose and poems that explore themes of spirituality, memory, nature, grief and the complexities of identity. Her work is marked by a quiet lyricism and emotional depth, often reflecting on the interplay between solitude, belonging and the natural world. Writing from a place of reflection rather than performance, BK seeks to illuminate the quiet beauty found in ordinary moments.

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