



DISCOVER

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For Immediate Release

Importance of Play to be Discussed at EVPL SPEAK Event

Evansville, Indiana – Dr. Anthony DeBenedet, a practicing physician, writer, and behavioral science enthusiast, will discuss the importance of play for all ages at a free event and book signing as part of Evansville Vanderburgh Public Library’s [SPEAK 2024](#) series.

[Dr. DeBenedet](#) will discuss his works on [Tuesday, September 10 at 7 p.m. at EVPL Central’s Browning Rooms](#). DeBenedet is the author of *Playful Intelligence: The Power of Living Lightly in a Serious World*, a book about the hidden ways that playfulness affects adulthood. He is also the co-author of *The Art of Roughhousing: Good Old-Fashioned Horseplay and Why Every Kid Needs It*, and *Unplug and Play: The Ultimate Illustrated Guide to Roughhousing with Your Kids*, parenting books focusing on the importance of parent-child physical play.

His interviews and writings have been featured in multiple media outlets, including *The New York Times*, *TODAY*, *Washington Post*, and *TIME Ideas*.

“Life can be challenging for people of all ages, and play is often an underappreciated way to help reduce stress and strengthen relationships. Dr. DeBenedet is going to teach us more about how play can help us live lighter and happier,” said Erika Qualls Barnett, Programming Manager, EVPL. “The SPEAK 2024 series is about intentional enjoyment, and our presenters are inspiring audiences to embrace recreation as an essential part of life.”

Sponsored by the [EVPL Foundation](#), SPEAK events are free and open to all. Additional information about this SPEAK event, upcoming book discussions, and more is available at evpl.org/speak-2024.

SPEAK: An Explorative Lecture Series, an evolution of One Book, One Community, is a lecture and discussion series that brings authors and thought leaders to Evansville. Earlier this year, authors Kate Quinn and Elin Hilderbrand spoke about their bestselling novels. This fall, author [Victoria Christopher Murray](#), will complete the SPEAK line-up. Through SPEAK, ‘EVPL hopes to further our vision of communities united through shared exploration and understanding by supporting and encouraging conversation.’

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The Evansville Vanderburgh Public Library Foundation is a 501(c)3 organization established to support EVPL. Foundation Board Members are engaged and activated community members. Working in partnership with Library Leadership and Library Trustees, Foundation Board Members support EVPL through fundraising, volunteering, and advocacy. More information about the Foundation and supporting SPEAK is available at evpl.org/foundation.

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