

Burn It Down, Play It Loud: SONG OVER THE BONES Rewrites the Soundtrack of Survival

Author Melissa Meszaros Returns with a Grunge-Inspired Journey Through the Ashes of a Life Rewritten

OIL ON WATER

MELISSA MESZAROS

SONG OVER THE BONES

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Portland, Oregon Mar 25, 2025 (IssueWire.com) - *The highly anticipated sequel to Heavy Metal Headbang blends resilience, rock, and raw self-discovery, all inspired by the rebellious spirit of music legends*

Announcing *Song Over the Bones* by **Melissa Meszaros** (author of *Heavy Metal Headbang*), a grunge-inspired memoir from Headpress/Oil On Water Press that redefines “home” amidst love, loss, and rock ‘n’ roll.

This emotionally charged tale offers an unfiltered perspective on resilience and the rhythms that guide us through some of the darkest moments, brought to life with fractured vignettes and hauntingly lyrical prose. Structured in Side A and Side B like a classic vinyl album, *Song Over the Bones* reverberates with the sounds of survival. Meszaros invites readers into a world where music heals, friends become family, and cultural icons mark the milestones of a deeply personal journey.

Love Burns—

When a wildfire destroys her home and her ‘soulmate’ disappears without a trace, Melissa is left to navigate the emotional and physical wreckage. Alone and adrift, she turns to her lifelong passion for music and hits the road in search of solace. Traveling from coast to coast, Melissa stops at influential landmarks and gravesites, leaving and collecting tokens in honor of iconic figures like Kurt Cobain, Chris Cornell, Elvis Presley, Johnny Cash, and more.

This bold and unconventional healing journey challenges fairytales and the traditions of love and marriage. It dismantles Hollywood tropes and honors the raw, rebellious spirit of rock’n’roll that it takes to rebuild from nothing.

A follow-up to the author’s Heavy Metal Headbang, Song Over the Bones breaks down the fairytales of love and healing, leaving space for something raw and real. It’s not a traditional redemption story but a tribute to the fight, to the scars that don’t fade, and to the fierce resilience of those who build a home from the pieces life leaves behind.

“It was important to me to give voice to the quiet despair that so many might feel in the shadows,” said **Melissa Meszaros**. “After losing my home and coming to terms with wounds that stemmed from my relationship, I found myself searching everywhere for meaning. Nothing prepares you for that kind of profound loneliness—the kind of isolation and self-doubt that feels almost impossible to put into words. So I laid out the ‘A-Side’ narrative with a ‘B-Side’ that includes the hidden tracks of grief, pain, confusion, and healing—which allowed me to confront these raw emotions, not just for myself but for anyone mourning something or someone they can’t fully understand. Just like *Heavy Metal Headbang*, I hope this book offers a sense of comfort, reminding people they are not alone and that there is a way through, no matter what kind of change or loss they face.”

For fans of *Just Kids* by **Patti Smith**, *Prozac Nation* by **Elizabeth Wurtzel**, and *Crying in H Mart* by **Michelle Zauner**, *Song Over the Bones* and its raw depth blends resilience, self-discovery, and cultural insight driven by a ‘90s grunge aesthetic—appealing to readers who value authenticity, grit, and stories of rebuilding after loss with a bit of Gen-X/millennial cultural flare.

Song Over the Bones is slated for release from Oil On Water Press on Oct. 2, 2025, and is now available for preorder: <https://oilonwaterpress.com/product/song-over-the-bones/>

About the Author:

Melissa Meszaros is a seasoned publicist, founder of the Grrrl Front PDX Music Festival, and creator of the comic book publicity firm Don't Hide PR. Born and raised in rural Pennsylvania, Melissa has forged a path as a modern nomadic spirit, breaking tropes and inspiring others through her work. A lifelong grunge enthusiast and the author of the best-selling memoir *Heavy Metal Headbang*, Melissa holds an MFA in Creative Writing from Antioch University Los Angeles. She proudly shares a birthday with Melvins leader Buzz Osborne and continues to make an impact in the comic book industry from her home in Portland, Oregon.

About the Publisher:

Oil On Water Press, an imprint of Headpress, is dedicated to publishing true stories. We publish books that offer original, personal, slice-of-life memoirs you won't find anywhere else.

A long-standing publisher of nonfiction, Headpress commenced in 1992 and continues to this day. The subject matter of Headpress books is wide-ranging and includes cult film, strange music, pulp literature, fanzines, conspiracy theories, sex and gender, occult and folklore, true crime, and pop culture in general.

Advance Praise for *Song Over the Bones* by Melissa Meszaros:

"Meszaros reflects the grunge era's sense of tragic irony with honest hilarity, while she paints a vivid landscape from the loud awe and angst expressed by her love of rock and roll. This is a timely and defining narrative, much needed to begin to unravel the confusion in which we find ourselves today."
—Steve Moriarty, drummer & author of *Mia Zapata & The Gits*

"Weaving between New Mexico and the Pacific Northwest, Melissa confronts heartbreak after a devastating fire, finding solace in the music and D.I.Y. culture of the grunge era. It's always the confessions, through song or story, that connect us with others, and eventually ourselves, and that helps us to heal." —Gretta Harley, co-founder of Home Alive & co-creator of *These Streets*

"A modern zinger! Movies and music. Romance and love. And when all else fails, more music. You'll enter fully into this American landscape of how we move (literally) through loss and change into the next stage of who we are and want to be." —Sharman Apt Russell, author of *Standing in the Light: My Life as a Pantheist*

*"An absolutely brutal and honest look at what it is to be lost and find your way back. In a world of increasing isolation, *Song Over the Bones* is proof that everyone has their own battles to fight, but you aren't alone in fighting them."* —Drew Zucker, artist and co-creator of *Canto & The Feeding*

"An achingly beautiful memoir crafted from the ashes, both literal and figurative. Meszaros preforms a post-mortem of a doomed relationship and finds new life in the process." —E.A. Henson, *Biff B*



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