

Every woman needs a bit of Hey Nonny!

The Hey Nonny Handbook

The literary survival guide for women

Julia Jeffries and Janice Warman

Do you have teenage children, elderly parents or a husband in crisis? Then this book's for you. From divorce to depression, menopause to marriage, from infidelity to insomnia – it's all here in *The Hey Nonny Handbook*.

This book won't provide chicken soup for your soul. What it will show you is what the authors found themselves: that literature can save your life. There's nowhere you've been that someone more articulate hasn't been before. As C.S. Lewis has said, 'We read to know we are not alone'.

Women have always banded together for reasons of safety and mutual support. The Hey Nonny Club started life as a loose collection of women (not a collection of loose women!) who had troubles in their life – and from that club this book has grown.

The authors hope that women everywhere will learn from their experiences and benefit from their words, from the City high-flyer to the mother in track pants mucking out the guinea pigs.

Laced with the acid wit of *The Independent's* cartoonist Sally Ann Lasson, it abounds in wicked humour and black comedy. Read it on the beach, give it to a friend in trouble or keep it on the kitchen shelf. And as Gwendolen said in *The Importance of Being Earnest*, you will 'always have something sensational to read on the train'!



THE
hey nonny
HANDBOOK

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