

The Hey Nonny Handbook

The literary survival guide for women

Julia Jeffries and Janice Warman



Hey Nonny is here!

Waterstones Tunbridge Wells hosts local launch

Throw out those self-help books and draw on the rich vein of wisdom in fiction, biography, poetry and the wittiest commentators of the day. There's nowhere you've been that someone more articulate hasn't been before.

The Hey Nonny Handbook is about what happens to us all as we hit those tricky years after 40. Every woman needs a bit of Hey Nonny in her life. And if you don't know what it is, you definitely need it!

Published by Harriman House this summer, the book is the first in a new series of lifestyle guides from two Sussex authors. Using poetry and literary quotes, Julia and Janice hope that women everywhere will learn from their experiences and benefit from their words. From the power-dressed executive, to the mother in track pants mucking out the guinea pigs!

The authors came up with the idea while tramping across Ashdown Forest, home to Winnie the Pooh and the author A.A. Milne. Laced with the acid wit of *The Independent's* cartoonist Sally Ann Lasson, *The Hey Nonny Handbook* can be read on the beach, or kept close at hand on the kitchen shelf.

Wednesday 4 July 2007, 7pm

Meet Julia and Janice at Waterstones, Tunbridge Wells and find out more about their new lifestyle series, which will capture the interest of women everywhere this summer.

32 - 40 Calverley Road, Tunbridge Wells, Kent, TN1 2TD

Take two women: One finds her high-flying career has flown her straight into a brick wall; the other discovers her husband lurking in the shrubbery, texting his mistress... This is the book they wrote.

*Sigh no more, ladies, sigh no more...be you blithe and bonny,
Converting all your sounds of woe
Into Hey nonny, nonny.*

- **Much Ado About Nothing**, by William Shakespeare

Julia Jeffries is a designer, teacher and writer from Sussex. She follows in the illustrious footsteps of other art school trained authors such as Beryl Bainbridge and Alice Thomas Ellis.

Janice Warman is a South African born writer and journalist whose career spans the BBC, the *Financial Times*, *The Guardian* and *The Observer*. She lives in Sussex with one husband, two children and several animals.

The book is the first in a new series of lifestyle guides. The local authors are already working on *Hey Nonny Again*, the next in the series; *The Hey Nonny Anthology*, a selection of essential poems, short stories, pithy quotes and cartoons; and *Hey Nonny The Teenager* - the book their children are dreading the most.

See www.heynonny.com for further details.

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