

# The Hey Nonny Handbook

The literary survival guide for women

Julia Jeffries and Janice Warman



## Hey Nonny is here!

*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.*

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!

Written for women, by women, it shines a torch on our problems. From maintaining health and sanity, coping with family relationships, the importance of female friendships and how to relate to men.

Published by Harriman House this summer, the book is the first in a new series of lifestyle guides. 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!

Laced with the acid wit of *The Independent's* cartoonist Sally Ann Lasson, this is a book that celebrates the courage and endurance of women.

**Monday 2 July 2007, 6-8pm**

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

Francis Holland School, Clarence Gate, London, NW1 6XR

*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. 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*.

The book is the first in a new series of lifestyle guides. The 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](http://www.heynonny.com) for further details.

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The Hey Nonny Handbook published in June 2007 by Harriman House  
ISBN: 9781905641208, Hb, RRP: £19.99 Available in all good bookshops