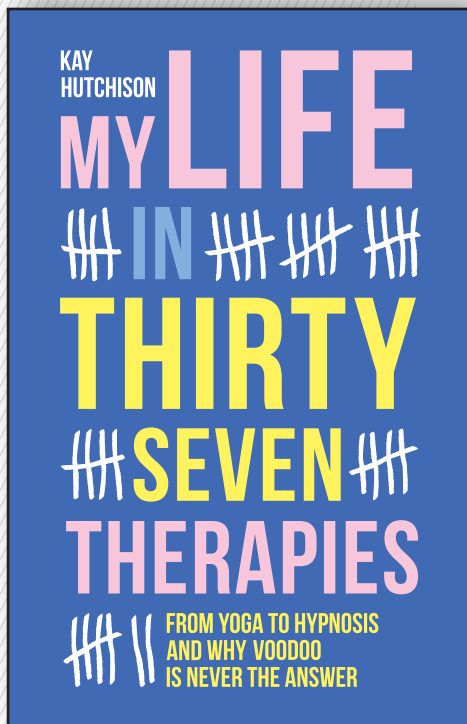


thebook  
PUBLICIST



*My life in 37 Therapies*  
by Kay Hutchison  
is out 4 July 2019  
and is priced at £9.99.

Kay Hutchison is a content creator with extensive experience in radio, television and publishing. After gaining her BMus and MA in music at Glasgow University she joined Decca Records in London and then BBC Radio as a Producer. Kay moved across to television with Channel Four and went on to lead the launch teams for Disney TV and Channel Five. In the build up to the 2012 London Olympics she successfully led the legacy partnership that delivered a long-term future for the multi-million pound Olympic Broadcast Centre.

Kay founded her own company, Belle Media, and launched Belle Kids in 2015 producing multi-platform, conservation focused content for children.



NEW  
BOOK

**FROM ACUPUNCTURE TO VOOODOO – A MID LIFE CRISIS EMBRACED, ONE BIZARRE THERAPY AT A TIME**  
ONE WOMAN'S INCREDIBLE, HILARIOUS JOURNEY TESTING 37 THERAPIES IN A SEARCH FOR ANSWERS

Kay Hutchison had it all - the high-flying media career, a loving husband, the 5-star lifestyle - but one day she realised she was empty and unhappy. Holidaying on the French Riviera she finally understood the things she had spent her life striving for weren't really what she wanted at all. She told her husband she had to go, left her holiday and husband there and then and began a new phase of her life.

'My life in 37 Therapies' is the book for every woman out there who has spent her life working hard, behaving well, 'doing the right thing' for everyone but herself, only to be left wondering why she's still not fulfilled. It's one woman's unique and entertaining guide to finding herself. A 'no holds barred' story about looking for the right answers, sometimes in the wrong places - trying everything from Shamanic Retreats to F\*\*k-It Therapy, Tarot to Past-life Regression and lots more in between.

Kay went further than most working her way through a total of 37 different therapies - from desert dunes to mountain tops, travelling far and wide in her quest for fulfilment. A taste of her experiences:

- Acupuncture - a dingy basement with a chain-smoking practitioner
- Affirmations - be careful what you wish for...
- Ayurvedic medicine - a thousand-year old treatment practised in India

- Card readings - calming and helpful with panic attacks
- Colonic irrigation - cleansing but not for the faint hearted!
- F\*\*k it therapy - unexpected and a real tonic
- Guided meditations - easy DIY therapy you can do at home
- Massage - the ultimate pick-me-up
- Past life regression - led to a Shamanic retreat in Egypt
- Silent retreat - 50 women, 10 days over Christmas, total silence
- Voodoo - never the answer
- Writing therapy - brilliant for organising thoughts and ideas

Whilst some of the therapies she tried were more successful than others - Kay believes that all of the therapies contributed in some way and helped her work through her mid-life crisis and come out the other side healthy, whole and content.

Packed full of funny stories about her experiences this is the ultimate feel-good read taking a humorous look at the sometimes less than glossy reality of therapies.

Honestly written, every woman will recognise herself in the emotional turmoil that is laid bare against the backdrop of an intensely personal journey of discovery.

**EXCLUSIVE ARTICLES AND INTERVIEWS AVAILABLE:**

Kay Hutchison is a content creator, publisher and TV/radio producer available to provide comment, interviews and by-lined articles on a number of topics, including:

- Therapies to enjoy, therapies that worked and therapies to avoid
- I survived my mid-life crisis - you can too...
- 10 most embarrassing "therapy" moments
- Pitfalls of dating in your forties and fifties
- Tried and tested - a down to earth look at voodoo, astrology and colonic irrigation

- How to travel solo and not be alone
- India, Egypt, USA, Italy, Spain, Greece - my therapy travel journal
- What to do when you don't know what to do - rediscovering your purpose
- How therapies helped me find love for myself. Now I don't need a man in order to be happy

**MEDIA  
CONTACT**

For further information, a review copy, an extract, guest article or interview with Kay, please contact:

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