

An Accomplished Woman Embraces Her Mid-Life Crisis, One Bizarre Therapy At A Time

“A must read for anyone interested in relationship issues.”

--Dr. Colin M. Barron, M.B. Ch

Success isn't everything and no one knows it better than media professional Kay Hutchison, author of *My Life in Thirty Seven Therapies: From Yoga to Hypnosis and Why Voodoo is Never the Answer*. Recently released with much acclaim in the UK (Red Door Press, 2019), Hutchison is bringing her poignant, relatable and often funny story to the US in audio format in March 2020, spoken in her distinctive and appealing Scottish voice.

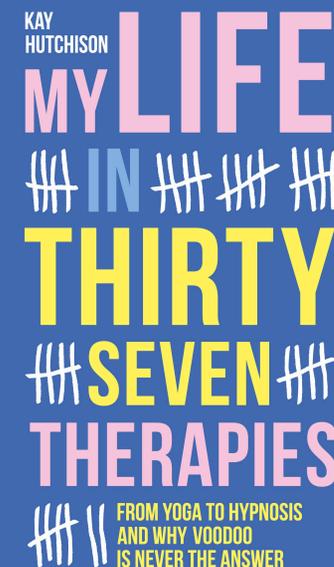
With a burgeoning media career, a beautiful home, and a loving husband, everything changed one day for Kay Hutchison when she woke up and said to her husband, “I’m leaving.” Why would someone who had it all walk away from the life most women would envy and turn to a host of weird and wonderful treatments in search of answers to a question she couldn’t even articulate?

Part memoir, part guide, *My Life in Thirty Seven Therapies* chronicles Kay’s quest for self-discovery. How she chose to deal with some very dark moments include forays into homeopathy, astrology, silent retreats and reiki while also dabbling in past-life regression, sonic therapy, shamanic retreats and other alternative modalities.

While some of the therapies she tried were more successful than others, Kay went further than most working through a total of 37 therapies. The good news is, she believes she came out on the other side healthy, whole and content as a result of some of these experiences. Packed full of funny stories, *My Life in Thirty Seven Therapies* will appeal to a myriad of women from younger working women looking for relief from stressful and arduous routines to baby boomers who practically invented our predilection for seeking alternative and exotic routes to life’s profound and mysterious answers.

TALKING POINTS

- March is National Women’s History Month, presenting many opportunities to showcase one woman’s remarkable story
- Mid-life crisis – tips from one who’s been there
- May is Mental Health Awareness Month – mental health is being championed in a bigger way than ever – think Lady Gaga
- How many therapies are too many? A humorous look from the baby boomer’s perspective
- Mindfulness – very in vogue now and Kay’s experiences can speak to the seeking of and practice
- Self-care – also a popular topic that women of all ages are focusing on more and more



BOOK DETAILS

Memoir/Self-Help

Release Date: March 3, 2020

ISBN: 9781910453773

Audio format

ABOUT THE AUTHOR

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

TIMELY TIE-INS

- Women's History Month – March (International Women's Day – March 8)
- National Write Your Story Day – March 14
- Act Happy Week – March 18-24
- Stress Awareness Month – April
- National Library Week – April 22
- National Tell A Story Day – April 27
- Mental Health Awareness Month – May
- Audiobook Month --June



Kay Hutchison

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