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PRESS RELEASE

The Galley Club meeting on Tuesday, 1 October 2019; 6:30pm

Venue: The Water Rats, Grays Inn Road, Kings Cross



Photo credit: Laura Pannack

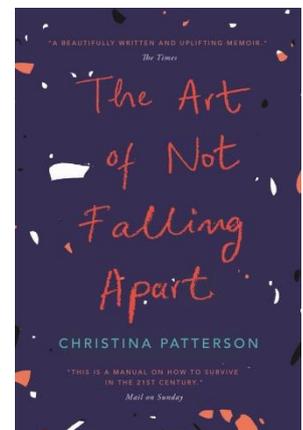
CHRISTINA PATTERSON |

THE ART OF NOT FALLING APART - BREXIT, SANITY AND LIFE

Christina is a writer and broadcaster. A former columnist at the Independent and Director of the Poetry Society, she now writes for the Sunday Times and the Guardian about society, culture, politics and books. She's a regular commentator on radio and TV news programmes and a regular guest on the Sky News press preview. She was shortlisted for the Orwell Prize in 2013 for her campaigning work to raise standards in nursing and has contributed to books on poetry, literature and health, most recently *Beneath the Skin: Great Writers on the Body*, published last year. Her book *The Art of Not Falling Apart* was picked as a Book of the Year in the New Statesman and the Mail on Sunday, which described it as "a manual on how to survive in the 21st-century". Christina also does consultancy work for businesses and charities and is on the board of Shaw Trust, a charity which helps people enter work, develop their career, improve their wellbeing or rebuild their lives.

The Art of Not Falling Apart

When life threw journalist Christina Patterson an involuntary-redundancy-shaped curveball, she decided to tear up the rulebook. Dreaming of revenge and irritated by self-help books, she set out to interview others who had found themselves picking up the pieces of their lives. There's Ken, the first person to be publicly fired from a FTSE-100 board. There's Winston, who fell through a ceiling onto a purple coffin. There's Louise, whose baby was seriously ill, but who still worried about being fat. Christina shares their stories as well as her own, and talks about what she learnt about how to cope when life goes wrong.



'This is a manual on how to survive in the 21st century' *Mail on Sunday*
'A beautifully written and uplifting memoir' *The Times*

Book here <https://bit.ly/32dcNUW>

Christina is on Twitter [@QueenChristina](https://twitter.com/QueenChristina)

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