

MEDIA RELEASE

HOW TO AVOID A HAPPY LIFE

by **JULIA LAWRINSON**

‘Astute, compassionate, heartbreaking, compelling – and sometimes downright astonishing.’

Kate Evans

‘Julia Lawrinson is that rarest of things: a true original voice. Such an inventively irreverent and fearlessly honest memoir!’

Howard Norman

ABOUT THE BOOK

Some people are born into bad situations, some people have bad situations thrust upon them, and some people find bad situations through their dodgy choices, lack of information and personal idiosyncrasies. Julia’s life sits at the intersection of all three.

From high school dropout on a psych ward to card-carrying lesbian on a motorbike, from enduring a controlling relationship with her ex-lover’s brother to being chased by a media scrum outside a Perth court, the life of beloved children’s author Julia Lawrinson is stranger than fiction – and she draws on all her power as a storyteller to turn a life of intense headlines into a wild, marvellous tale.

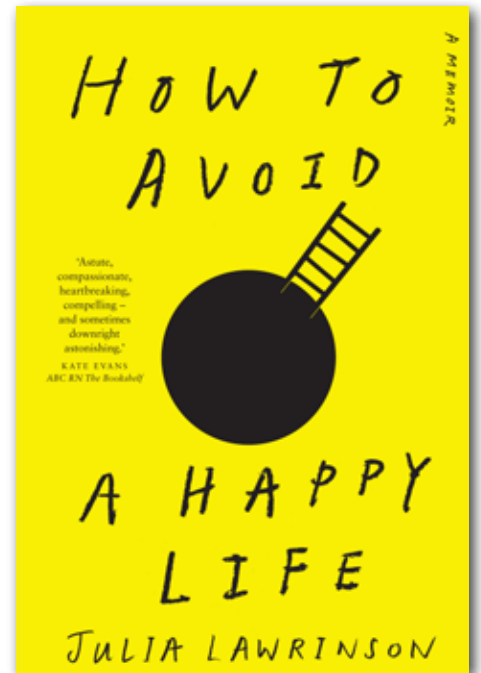
ABOUT THE AUTHOR

Julia Lawrinson has published more than 15 books for children and young people, many of them award-winning. She works as a consultant on legislation and policy; *How to Avoid a Happy Life* is her first book for adults.



NOTES

- *How to Avoid a Happy Life* is a memoir for everyone who loves a good real-life story, well told.
- From domestic dysfunction to extraordinary bad luck, Julia Lawrinson reflects on her intriguing and eventful life with disarming honesty and wit.
- Although she left school at fifteen, Julia has since been awarded several degrees, including a PhD in Writing and a Bachelor of Laws with Distinction.
- Some of the topics which Julia would love to engage on include ‘truth or trauma porn’, ‘hell is other people: considerations when writing memoir’, ‘Who cares? Female carers of spouses with Alzheimer’s’ and how to negotiate shifting identities over time in memoir
- Julia is The Literature Centre’s chairperson. She has formerly been Chair of the Arts Development Panel for the Department of Culture and the Arts in WA.



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CONTACT: Claire Miller
HEAD OF SALES & MARKETING

M +61 (0)419 837 841

T +61 (0)8 9430 6331

E cmiller@fremantlepress.com.au

S @FremantlePress



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