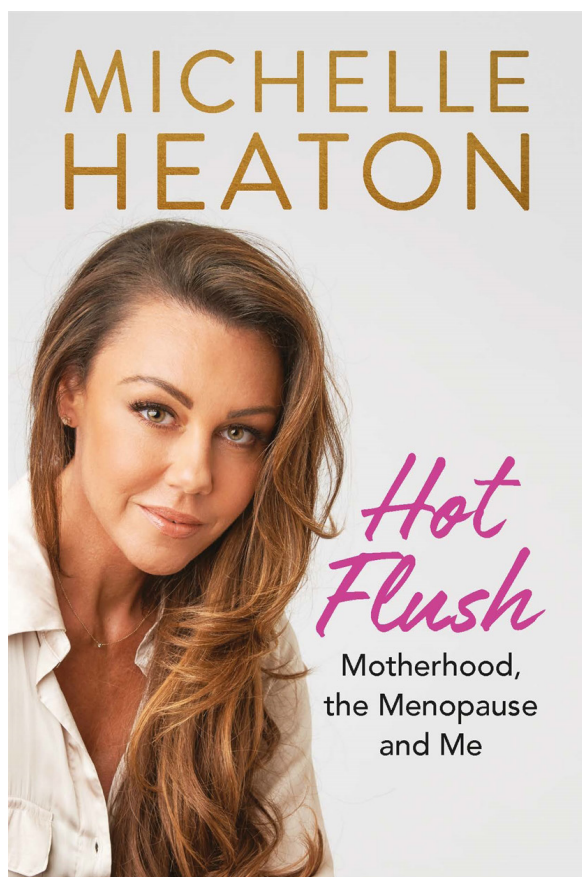




PRESS RELEASE



Hot Flush: Motherhood, the Menopause and Me

Michelle Heaton

Published by Michael O'Mara Books | 3rd May 2018
Hardback | £18.99

Under embargo until 1st May 2018

**An inspiring, frank and unfailingly honest
account of menopause by singer, actress
and TV personality Michelle Heaton**

At 33, Michelle Heaton - singer, TV presenter, mother and wife - underwent a double mastectomy and hysterectomy to reduce the risk of cancer caused by the BRCA gene mutation. The resulting consequences of the surgeries led her into the menopause at the early age of 35.

In *Hot Flush*, Michelle traces her path from pop stardom with Liberty X through her burgeoning television career, to how she came to discover the truth about the gene mutation and its consequences.

With great frankness and good humour, Michelle tackles the physical and emotional challenges of menopause as a wife and mother, and the effects on her career, marriage and self-image. Detailing the explosive moods, the hot flushes and her personal mourning of the loss of a woman's sex appeal, she offers tips and advice on how to deal with the process and stay healthy in body and mind.

With over 13 million women in the UK estimated to be experiencing the menopause at any one time, *Hot Flush* is a relatable, raw and refreshingly candid approach to introducing your body to its next chapter.

About the Author

Michelle Heaton is a pop singer, television personality and personal trainer. Born in Gateshead, she was a member of the pop group Liberty X from 2001 until they split in 2007, during which time they enjoyed seven Top 10 singles in the UK Singles Chart and won two Brit Awards. She has featured on several reality TV shows including *Come Dine With Me* and *Celebrity Big Brother*. Michelle currently tours with the reformed Liberty X and recently joined Atomic Kitten for their overseas dates. She is a FETAC-qualified personal trainer.

Michelle Heaton is available for interview and to write pieces

Contact: Saskia Angenent, Head of Publicity | saskia.angenent@mombooks.com | 0207 819 5911