



Publication date **Thursday, May 03, 2018**
Price **£18.99**
ISBN-13 **9781782439530**

Binding **Hardback**
Format **234 x 153 mm**
Depth **24.5mm**
Extent **256 pages**
Word Count **75000 words**
Illustrations **16pp plates**
Territorial Rights **World**
In-House Editor **Louise Dixon**

Michael O'Mara.

www.mombooks.com



Hot Flush

Motherhood, the Menopause and Me

Michelle Heaton

Keynote

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

Description

At the age of thirty-three, 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 journey that Michelle's body embarked upon following the surgeries led her into the menopause in her mid-thirties.

In *Hot Flush*, Michelle traces her path from pop stardom with Liberty X through her burgeoning television career and how she came to discover the truth about the gene mutation and its consequences for her. Though her story is undoubtedly unique, what's not is her understanding of living and dealing with the menopause as a hardworking mother and wife, and it is this wisdom that she wants to share with other women – over 13 million women in the UK – estimated to be experiencing the menopause.

Candid and honest, *Hot Flush* details Michelle's struggles with dealing with the menopause in her own head as well as in her marriage, family life and the work place. She details the emotional and physical challenges she has faced – the explosive moods, the hot flushes and the mourning of the loss of a woman's sex appeal. Along the way, she offers real help and advice on how to stay healthy in mind and body.

Inspiring, raw and unflinchingly honest, *Hot Flush* is a candid approach to introducing your body to its next chapter.

Sales Points

- A unique story that millions of women can nonetheless completely relate to
- Open and frank, Michelle's approach will inspire other women to tackle the physical and emotional challenges of menopause head on
- Michelle has a huge social media platform, with 281,000 followers on Twitter and 141,000 on Instagram
- Author available for PR

Author Biography

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.