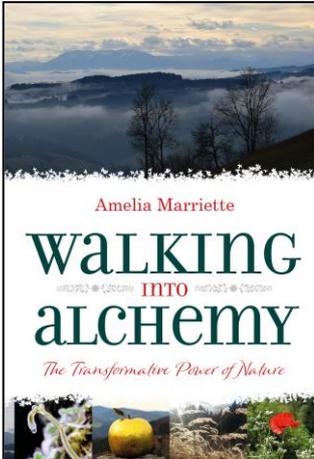


MEREO NEW BOOK PRESS RELEASE

Celebrating the natural world and the restorative power of walking, this is a book for anyone who has suffered heartache, depression or exhaustion. It is also a moving love story.

AUTHOR VISITING UK: 11th to 23rd APRIL 2020 – APPEARANCES & INTERVIEW OPPORTUNITIES



WALKING INTO ALCHEMY

The Transformative Power of Nature

by Amelia Marriette

I still felt wounded by the events of the past six years, I was no longer a healthy or happy person, and I was always afraid that bad news was just around the corner. I was right to be afraid ...

ISBN: 978-1-86151-947-4 Paperback 356 pages RRP: £20 Dec 2019 (Also available as an ebook)
Mereo Books is an imprint of Memoirs Publishing www.mereobooks.com
Mereo books are available through: all good bookshops and internet booksellers.

... repetitive walking enabled me to study the changing seasons and explore the flora and fauna of the area; I was able to return myself to health by considering and reconsidering personal experiences, emotions, ideas and memories ... As the weeks passed, I began to find my sense of place and my new path in life. I realised that I was walking into alchemy, mining for gold as I went ...

Exhausted and wounded after coping with redundancy and depression, Amelia Marriette suddenly found her life taking a turn for the better through a chance meeting with an Austrian-born woman, Katie, with whom she was to find love.

The couple relocated to Austria and Amelia set out on a journey both physical and spiritual, a journey of self-discovery and rejuvenation through the exploration of nature, and a challenge that she set herself: to complete the same 13-mile walk through the hills and woods of beautiful Carinthia every week for a year.

Apart from the considerable health benefits from the regular exercise, the benefits to Amelia's mental health and happiness were phenomenal. By the time that year was over, Amelia knew she had found healing, peace and true happiness.

(Photo credit: Katie Gayle)



Amelia's inspirational personal account of recovery from depression is uplifting and a joy to read. Celebrating the therapeutic benefits of exercise in the great outdoors – and making life-affirming connections between the arts and nature – the book is illustrated with the author's stunning photos of the changing seasons in Austria.

UK appearances: April 2020 book readings & signings (please see over for full details)

Mon 13 April: DAWLISH, Devon • Wed 15 April: EXETER, Devon • Sat 18 April: MALVERN, Worcestershire



About the author: Amelia Marriette is an author, playwright, lecturer, curator and broadcaster from Malvern (Worcestershire). Amelia holds an MA in Shakespeare Studies from The Shakespeare Institute; a post-graduate diploma in Museum and Gallery Studies and has worked at museums in Cheltenham (Gloucester) and Torquay (Devon). Amelia now lives in Austria but is a frequent visitor to the UK.

Please see over for further information and visit www.ameliamarriette.com

Local UK interest: Author born in **Bangor**, North Wales • Raised & educated in **Malvern**, Worcestershire • University: **Stratford-upon-Avon**, University of Birmingham and **St Andrew's**, Scotland • Career: **Cheltenham**, Gloucester and **Torquay**, Devon. (Photo credit: Sabrina Melcher)

Media opportunities: Review copies available on request • Author appearances in the UK during April • Beautiful photos available • Extracts/serialisation • The author is available for interviews

Please see over for photos, further details about Amelia Marriette and her forthcoming UK events >>>

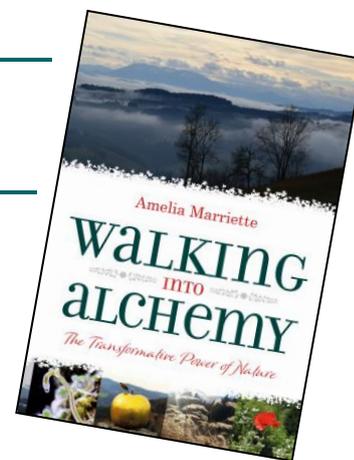


To request a review copy or to be put in touch with the author, please contact

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twitter: @EllyDonovanPR facebook.com/Elly Donovan Linked-In: Elly Donovan PR

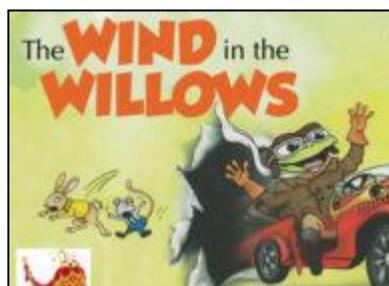
MEREO NEW BOOK PRESS RELEASE
MEET THE AUTHOR – UK EVENTS WITH AMELIA MARRIETTE
AUTHOR EVENTS: 13TH – 18TH APRIL 2020



FREE EVENTS – ALL WELCOME:

BOOK READINGS & SIGNINGS WITH AMELIA MARRIETTE

- **DAWLISH, DEVON**
6:30pm – 8pm, Monday 13th April 2020 (Easter Monday Bank Holiday)
THE BEACH CAFÉ, 16 Piermont Place, Dawlish, Devon EX7 9PH
- **EXETER, DEVON**
6:30pm – 8pm, Wednesday 15th April 2020
SOUTHERNAY HOUSE HOTEL, 36 Southernay East, Exeter, Devon EX1 1NX
- **MALVERN, WORCESTERSHIRE**
5pm – 6:30pm, Saturday 18th April 2020
THE COACH HOUSE THEATRE, Malvern Theatres, Grange Road, Malvern, Worcestershire WR14 3HB



Also ... Amelia Marriette's stage adaptation of Kenneth Grahame's enchanting book is also being performed this April

THE WIND IN THE WILLOWS – adapted by Amelia Marriette

The Malvern Theatre Players

4th – 18th April 2020 (various times and prices)

THE COACH HOUSE THEATRE,

Malvern Theatres, Grange Road, Malvern, Worcestershire WR14 3HB

Details & tickets from the theatre website: www.malvern-theatres.co.uk

AUTHOR BIOGRAPHY: AMELIA MARRIETTE

www.ameliamarriette.com

Amelia was born in Bangor (North Wales) and spent part of her early childhood in Southport (Merseyside) before her family settled in Malvern (Worcestershire) – the town that Amelia thinks of as 'home'. Amelia went to school in Malvern and later worked in the town, firstly in her parents' delicatessen and then for the Ministry of Defence (Royal Signals and Radar Establishment).

When Amelia completed her first degree in Humanities through the Open University, she resigned from her post at the MoD to read for an MA in Shakespeare Studies at the Shakespeare Institute, Stratford-upon-Avon (University of Birmingham). A part-time job at the Royal Shakespeare Company (RSC) in Stratford-upon-Avon led to an unexpected opportunity to work with the curator and the RSC museum collections, and this led to a further qualification at St. Andrew's University: a post-graduate diploma in Museum and Gallery Studies



(Photo credit: Katie Gayle)

Amelia went on to be the curator at the Holst Birthplace Museum in Cheltenham (Gloucestershire), and then the Keeper of Art at Torre Abbey in Torquay (Devon). While in Devon, Amelia also presented Amelia's Culture Show on Riviera FM radio. A new relationship and redundancy led to an opportunity to begin anew, and Amelia relocated to the Carinthian Region of Southern Austria in June 2015. As well as focusing on her writing, Amelia is also an English trainer and lecturer in Shakespeare Studies in Austria and the UK.

Amelia has written several pieces for the stage and has a continuing relationship with Malvern Theatre Players, who have performed all of her work. Her comedy about the printing of Shakespeare's First Folio called *Nay, Remember Me!*, first performed as part of the Royal Shakespeare Company's Fringe Festival in 2001, was published by Lazy Bee Scripts in December 2018. Amelia also contributed a chapter to *Shakespeare, Film and Fin de Siècle* (Macmillan, 2000). ***Walking into Alchemy*** is Amelia Marriette's first non-fiction book.

Please see over for examples of photos >>>



To request a review copy or to be put in touch with the author, please contact

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'WALKING INTO ALCHEMY' PRESS RELEASE continued
EXAMPLES OF THE WONDERFUL PHOTOGRAPHS AVAILABLE ON REQUEST
The stunning scenery, trees and flowers of Austria throughout the seasons

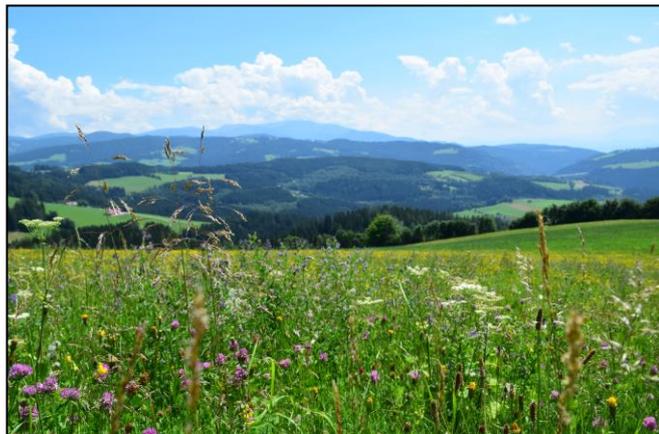
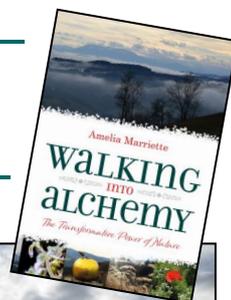


Photo credits: The photographs on this page were taken by the author, Amelia Marriette



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