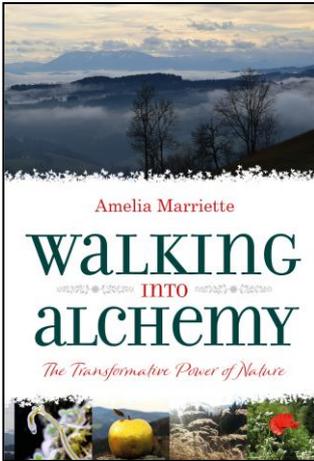


## MEREO BOOKS – PRESS RELEASE

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.

UPLIFTING, INSPIRATIONAL READING IN THESE DIFFICULT TIMES

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# 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)  
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*... 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.



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.



**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](http://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.

**Media opportunities:** Review copies available on request • Beautiful high-res photos • Extracts/serialisation  
• A choice of ready feature pieces available • Author is available for interview or to write exclusive articles for you

Please see over for examples of photos and further details about Amelia Marriette >>>



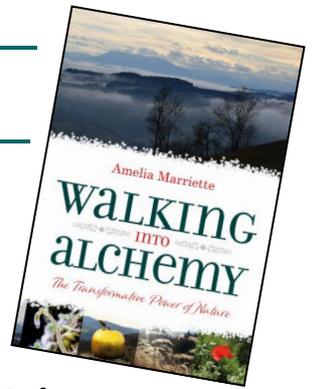
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## MEREO BOOKS – PRESS RELEASE CONTINUED

### ABOUT THE AUTHOR



#### AUTHOR BIOGRAPHY: AMELIA MARRIETTE

[www.ameliamarriette.com](http://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.

After completing her first degree in Humanities through the Open University, Amelia 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 led to an opportunity to work with the curator of the RSC museum collections, and to a post-graduate diploma in Museum and Gallery Studies from St Andrew’s University.

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 a 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.

### Stunning photos of the changing seasons available on request



To request a review copy, photos, feature articles or interviews please contact

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