



## Behold Sarah

By Lindy Henny

### PRESS RELEASE

*Sarah is fed up of growing old, has lost her enthusiasm for life and, if she doesn't rediscover a modicum of meaning she will kill herself; and who would even give care if she did?*

After the death of her lover and her sister, Sarah wakes up one day to the realisation that she is just existing and no longer living. Once a vibrant, beautiful woman — or so she vaguely remembers - Sarah decides that if she's going to avoid being discovered dead and naked in the shower she must rediscover the zest for life she once had. A pilgrimage into her past may hold the key to her future happiness.

Floating on the flotsam and jetsam of Sarah's life, we meet her eclectic group of lovers, friends and acquaintances — her God's in various forms — people who have shaped her life and who, along the way, reassure her with nudges of encouragement, nuggets of wisdom and

brief lapses into Latin. From her early childhood during the 1940s when she had to leave her London home and was made a ward of court thanks to an alcoholic mother; to Sidney, her chauffeur and best friend, via her school days with Miss Gregory, a superb teacher, lesbian and pervert, this is one woman delving deep into a jewellery box of colourful memories. Falling in and out of love, in and out of sex, therapy and deep breathing, finding yourself sitting in the painfully comfortable paradox of the therapy room each of the people, players and prisoners. The characters Sarah meets along the way each play their own part in preparing her for her most challenging role yet: herself.

**Behold Sarah** is author Lindy Henny's frank semi-autobiographical novella, a blueprint for self-analysis as she encourages her readers to explore themselves as Sarah navigates her own past and her personality. Fans of contemporary literary and women's fiction will enjoy this starkly honest story and its treatment of life's larger questions — revealing our shared need for solace and good old-fashioned fun whatever our age or gender. Sarah is a bold and unforgettable narrator who airs her dirty laundry with scant regard for propriety as she writes candidly about sex, therapy, ageing and relationships. Hilarious, tragic and beautifully absurd, this is, quite simply, a bloody good read.

**About the author:** Lindy Henny is an author, playwright, actress, director and painter, living on a houseboat moored on the Thames in Chelsea Harbour. Her 2013 play *The Empty Chair* was performed in fringe theatres at The Edinburgh Festival and in London; her play, *Old Age and Death* is currently in production. A collection of her poetry was published by St. Germain des Pres in both English and French. When not creating characters, Lindy plays the role of matriarch to her large family; she's mother to three adopted children, grandmother to ten and a great grandmother to even more, with step-children and step-grandchildren to boot! **Behold Sarah** by Lindy Henny (published 1st June 2015 by Clink Street Publishing RRP £7.99 paperback, RRP £3.99 ebook) is available to buy online from retailers including [amazon.co.uk](http://amazon.co.uk) and to order from all good bookstores. For more information visit [www.lindyhenny.com](http://www.lindyhenny.com)

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