



Just One Life

By Pat Abercromby

PRESS RELEASE

Trapped in a turbulent marriage, ending in the role of reluctant carer for her husband, Fran embarks on a journey to rediscover her own identity, in this deeply moving debut novel.

When you realise you have just one life left to live, how do you make peace with the mistakes of your past? Fran should be looking back on her life with pride. She's risen to the top of the job ladder, having left behind a council housing estate in post-war Glasgow, to forge a colourful, fulfilling career and enjoy all the trappings of success.

But instead, Fran is consumed by regret. A shocking revelation has cast her life, and her thirty-year marriage, asunder. She finds herself the full-time carer for her husband, a man she now accepts, she has never loved. The sacrifices she has made, the

personal freedoms she has lost, have left Fran crushed. Her free-spirited friend Iona is her one salvation. Their friendship has survived the storms of conflict and loss since childhood, their deep affection for one another the only constant remaining in Fran's life, a life she no longer recognises as her own. Her husband's new brush with death will give Fran the chance to reflect on what she has left, the choices she has made and the two men she has loved and lost. Can Fran find a way through the ruins of her marriage and find inner peace, to make the most of what remains of her life's journey?

Just One Life is author Pat Abercromby's frank fictional novel and a blueprint for self-analysis as she encourages her readers to explore themselves as Fran 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, compassion and good old-fashioned fun whatever our age.

About the author: Living in Beaconsfield, Buckinghamshire, Pat Abercromby has enjoyed a varied career —from recruitment consultant to journalist in Saudi Arabia and massage therapist— eventually setting up a training school for Seated Acupressure Massage. Today she continues to work within the field of corporate wellness with her business partner Davina Thomson with their joint company Wellbeing Direct. She also co-wrote and published Seated Acupressure Massage with Davina Thomson in 2000. In her spare time, Pat enjoys being an active member of her local creative writing group, classical music and the outdoors. Her debut fiction book, **Just One Life** (published by Clink Street Publishing 27th April 2017 RRP £9.99 paperback, RRP £3.99 ebook) is available to purchase from online retailers including amazon.co.uk and to order from all good bookstores.

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