



How to Live: A User's Guide

By Peter Johns

PRESS RELEASE

A delightfully poignant life manual written for his daughter on her eighteenth birthday, to help her transition into the adulthood he feared she might not live to enjoy.

This book will not provide you with a road map to fulfilment but it will try to point you in the right direction. The journey itself you have to make on your own.

What do you give your daughter for her eighteenth birthday? After considering dresses, pets and parties, one father gave his daughter something truly special: he wrote a book for her.

In many ways Meg Johns is an ordinary girl, but in one way she is different from most others: at the age of nine she was diagnosed with cancer. This took the form of a tumour that, by the time of her

diagnosis, already filled most of her chest cavity. Later, despite months of chemotherapy, a second tumour started to grow. Normally this development is fatal and her parents were told as much. Fortunately, a bone marrow transplant and long sessions of full body irradiation - treatments so severe that doctors were initially reluctant to risk them - saved Meg's life.

How to Live by Peter Johns, Meg's father, is his tribute to his daughter's tenacity. The book was written for someone who was once not expected to live, but who turned into a healthy teenager. Her father based the book on his own imperfect - though eventually successful - life and the lessons he has learned along the way, in the hope that they would both reassure and inspire his daughter. Despite Meg's incredible recovery, her life was still that of the typical teenager full of bombast, anxiety, humour and stress. Rich with anecdotes — from his strained relationship with academia to setting goals that are challenging but also realistic, to embracing your failures — **How to Live** is an insightful, refreshing and easy-going life guide not only for those on the cusp of independence but for everyone.

About the author: Peter Johns worked in the investment banking sector for over thirty years. Although he retired in 2008, he continues to operate as a private investor and sits on the board of a number of start-up and early stage companies. Johns is also a founding trustee of Autistica, the UK's largest charity funding research into autism, a cause close to his heart as his youngest son is autistic. A father of four, he today lives in Alderley Edge, Cheshire with his wife Rosie. **How to Live: A Users Guide** by Peter Johns (published by Clink Street Publishing, 13th September 2016, RRP TBC paperback, RRP TBC ebook) will be available to buy online from retailers including [amazon.co.uk](https://www.amazon.co.uk) and to order from all good bookstores.

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