



Juicy Crones

Free for the Strangest Adventure

JAY COURTNEY

Inspirational travel stories of women embracing later life

- A **unique title** with an infectious enthusiasm for living the ‘third act’ of life to the full
- **Backed by a major PR campaign** – widespread publicity expected – the author has already appeared on *Women’s Hour* and elsewhere celebrating the lives of ordinary women doing extraordinary things
- **Huge market** – the UK has over 12 million ‘crones’!

‘The average woman will live 30 years after menopause. You can have lots of fun in that time. This is our third act, the time that many women learn to ROAR! I’m now marinating in all the things I love most and writing about them.’

After retiring from a distinguished career in education and health, Jay Courtney found life rather beige. ‘I realised that I didn’t know how to do this part of my life’ she says. ‘There was no route map to follow, only a looming ‘Exit’ sign, so I went on a quest to find a colour that suited me.’ Courtney’s métier transpired to blend travel and inspirational writing, combined with a talent for finding others whose experiences resonate. In *Juicy Crones* she fêtes the lives of women embracing their ‘third act’ with gusto.

Courtney’s debut is a unique title with an infectious enthusiasm for living life to the full, that blends adventure with feminism, women’s health with well-being, and autobiography with self-help. This is a book for the UK’s 12 million ‘crones’ and anyone who shares their life, for women adventurers and for fans of Raynor Winn’s *The Salt Path*, Caitlin Moran’s *More than a Woman* and Helen Lewis’ *Difficult Women*.

Jay Courtney is a *Telegraph* travel-writing competition winner who has appeared on *Women’s Hour* celebrating the lives of post-menopausal women doing remarkable things. *Juicy Crones* is her first book.



9781784779573 | Paperback | 264pp | £9.99
5th January 2023 | Travel Writing

Orders: GBS | orders@gbs.tbs-ltd.co.uk
Further information: hayley.gibbs@bradtguides.com | 01753 893444

www.bradtguides.com