

FOR IMMEDIATE RELEASE

What is a good life? This new book might have the answers you need
More wisdom on how to live from Malcolm Doney and Martin Wroe

Wild Goose is delighted to announce the publication of *Hold On, Let Go*, by Malcolm Doney and Martin Wroe, a follow-up to their widely praised book *Lifelines* – hailed by many leading figures in the field of emotional intelligence. This second volume goes deeper into the questions we all have about how to live a good life.

In a world filled with baffling questions about pain, love, joy and purpose, where certainty is scarce, and religion is often met with suspicion, *Hold On, Let Go* offers a refreshing perspective on finding inspiration and wisdom within ourselves.

With sources and quotes ranging from the Psalms to Monty Python and Radiohead, *Hold On, Let Go – How To Find Your Life* emerges as a beacon of light, drawing on insights from everyday experiences and the timeless wisdom of the ages. Far from being a ‘how to’ manual, this beautifully crafted collection of readings is more like a ‘try this’ guide, offering a fresh approach to navigating life’s complexities. Malcolm Doney’s minimalist drawings illustrate each section with a direct but quietly humorous style reminiscent of David Shrigley, adding to the overall thoughtfulness and upbeat spirit of this timely publication,

Some days we hold on.

Others we let go.

What nourishes us and makes us strong? What’s worth keeping hold of? And what should we let go? ...

... It’s about keeping your feet on this sacred earth. And taking wing. At the same time.

Hold On, Let Go is a celebration of human experience, inviting readers to find courage in vulnerability, strength in introspection, and hope in the vast tapestry of existence. Each page holds a treasure trove of reflections and meditations that will undoubtedly resonate with readers as they embark on their personal journeys of self-discovery and spiritual growth. The authors craft a mosaic of wisdom through candid reflections and anecdotes, encouraging readers to explore what truly nourishes them and gives them strength. With an open-minded and inclusive approach, they invite people of all backgrounds and beliefs to embrace the questions without seeking to impose definitive answers.

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What people said about *Lifelines*, the prequel to *Hold On, Let Go*

'A great guide full of clear, simple and useful wisdom on how to live and lovely reminders of what we too often forget.'

Matt Haig, bestselling author of *The Humans* and *How To Stop Time*

'This book feels like balm to my weary heart. It's beautiful, wise, and, maybe most importantly, playful . . . The authors know how to meet people where they are.'

Brené Brown, research professor and author of the *New York Times* #1 bestseller *Braving the Wilderness*

'Lifelines is about those things in life we cannot see, that might change how we view the things we can. A book of faith for those wary of religion. Sacred text for the more earthy reader.'

Bono

About the authors:

Malcolm Doney grew up under the flight path for Heathrow Airport. He studied Fine Art at St Martin's School of Art before pursuing a writing career in journalism, advertising and broadcasting.

He has produced words for factual TV, radio, magazines and newspapers and written ten books. He is a contributor to BBC Radio 2's *Pause for Thought*, and Radio 4's *Something Understood*.

In his mid-fifties, he was ordained as a priest in the Church of England and volunteers at his parish church in Suffolk. He describes himself as an 'agnostic Christian'.

He has recently returned to art practice, having moved to coastal Suffolk, and had two solo exhibitions in 2022.

He is married to writer and curator, Meryl, and they have two grown up children.

Martin Wroe is married to Meg, a painter, and together they have been raised by three children.

He got into journalism while studying theology and ended up on the staff of the *Independent* and later the *Observer*. He has had longtime collaborations with the Greenbelt Arts Festival, the human rights NGO Amos Trust and the rock band U2.

He contributes to BBC Radio 4's *Thought for the Day*, is an associate member of the Iona Community and a while back accidentally became an Anglican priest.

He was late to understand that religions are poems and tries to write one most days. His most recent book of poems is *Julian Of Norwich's Teabag*.

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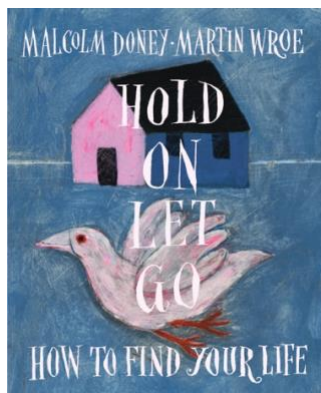
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Publication 21st August. ISBN 978-1-80432-304-5

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