



W&N Memoir  
 HB / TPB October  
 £20.00 / £14.99 352pp  
 8pp colour illustrations  
 978 0 297 60982 7 / 978 0 297 60983 4  
 eBook: £20.00 / 978 0 297 60984 1  
 7 CDs 978 1 4091 6189 9 (read by the author)

Chris Evans' previous two books have combined sales of over 520,000 copies.

## CHRIS EVANS

### Call the Midlife

**BBC Radio 2 presenter Chris Evans's witty memoir about embracing middle age.**

At thirty-two Chris Evans was splashing out on vintage cars while driving himself mad with worry over who he was and what it was all about.

Reaching breaking point, he gave himself 100 days to turn his life around. *Call the Midlife* charts his determination to stay sober and purge his life of clutter (and his kitchen of surplus spatulas). Musing over birth, death and all the messy bits in between, he decides to rip up his bucket list and live for now. Proving that wisdom truly does come with age, this candid memoir is a rallying call to seize the opportunities that midlife throws at us.

**Chris Evans** is a broadcaster and television presenter. With his production company Ginger he launched and presented the hugely successful Channel 4 shows *The Big Breakfast* and *TFI Friday*. He took over presenting the BBC Radio 2 breakfast slot from Terry Wogan in 2010, and the same year joined *The One Show* team.

#### author:

Location: Ascot, Berkshire  
 Available for interview  
[@achrisevans](#)

