

Press release *Midlife, Mayhem and Merlot*

FOR IMMEDIATE RELEASE

“Wonderful book. Thrilling and romantic at the same time!”

A feelgood novel about second chances, quiet rebellion, and the surprising joy of choosing yourself.

PRESS RELEASE

Title: *Midlife, Mayhem & Merlot*

Author: Nanda Roep

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About the Book

After a life spent taking care of everyone else, one woman finally asks: *What about me?*

Joanne has always been the reliable one — the rock for her family, the silent cheerleader for her brother’s sports career, the supportive partner to her ambitious husband, and the ever-present mum to her opinionated daughter. But now, in her forties, she feels adrift. Somewhere between school runs, marital routine, and yet another glass of Merlot, Joanne realizes she’s disappeared from her own life.

Determined to shake things up, she makes a decision that shocks everyone — her puzzled husband, the brother she hasn’t spoken to in years, and her almost-eleven-year-old daughter... who surprisingly finds her mum’s new “fun-weird” side kind of cool.

Set between the windswept beaches of the Dutch coast and the sun-drenched countryside of France, *Midlife, Mayhem & Merlot* is a heartfelt and witty novel about second chances, quiet rebellion, and rediscovering passion — not just for romance, but for life.

Perfect for fans of warm, character-driven stories with a humorous edge, this novel will resonate with readers who enjoy tales of midlife reinvention, motherhood, family dynamics, and women rediscovering their strength.

Praise for the Original Dutch Edition

“A fantastic women’s novel where Nanda humorously yet thoughtfully shows what truly matters in life.”

— Wendy Wenning, Boekenbijlage.nl

“A brilliant book. Light but profound. Witty, unsettling, and moving.”

— Stijn van der Loo, author and composer

About the Author

Nanda Roep is a Dutch writer and publisher, known for her work in both children’s literature and adult fiction. Her feelgood novels, often with a sharp edge, are comparable to those of Liane Moriarty and Joël Dicker.

As the driving force behind Nanda Publishing / Uitgeverij Nanda, she brings her stories to life across books, theater, and animation. Currently expanding into international markets, she continues to develop fresh, creative projects for readers of all ages.

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