

Alexandra Heminsley

Alexandra Heminsley is author of three books about women, bodies and sport, including bestselling memoir [RUNNING LIKE A GIRL](#), which has now been published in thirteen countries, and the forthcoming [SOME BODY TO LOVE](#). She also co-wrote Judy Murray's bestselling and William Hill Sports Book of the Year nominated [KNOWING THE SCORE](#).



Agents

Sarah Ballard
sballard@unitedagents.co.uk

Associate
Eli Keren
ekeren@unitedagents.co.uk
0203 214 0775

Publications

Non-Fiction

Publication Details Notes

Some Body to Love 2020 Chatto & Windus	Some Body to Love is Alex's profoundly open-hearted memoir about losing her husband but keeping a friend whilst bringing a baby into the world. Its exploration of what it means to have a human body, to feel connected or severed from it, and how we might learn to accept our own, makes it a vital, level-headed contribution to the incendiary debates on body-image and gender.
Leap In 2017 Windmill	From the ignominy of getting into a wetsuit to the triumph of swimming from Kefalonia to Ithaca, in becoming a swimmer, Alexandra learns to appreciate her body and still her mind. As it turns out, the water is never as frightening once you're in, and really, everything is better when you remember to exhale.
Running Like a Girl 2013 Windmill	For any woman who has ever run, wanted to run, tried to run, or failed to run (even if just around the block), Heminsley's funny, warm, and motivational personal journey from nonathlete extraordinaire to someone who has completed five marathons is inspiring, entertaining, practical, and fun.

Publication Details **Notes**

Ex and the City: At last: a self-help book that doesn't claim to have all the answers. This
You're Nobody Till funny and touching guide to getting dumped and living to tell the tale starts
Somebody Dumps with 'we need to talk' and ends in New York, via the science of heartbreak,
You Scottish dancing and motorbike pyramids. It won't make it all better; but it
Pan will convince you that you're not alone. The Pizza of Rejection we've all done;
being consoled in Latin by Larry Hagman, some of us haven't.
