

Kat Brown

writer - non fiction

Kat Brown is a freelance journalist whose work on mental health stigma, and other social and arts commentary, has appeared in The Telegraph, Grazia, "Woman's Hour", Woman's Health and The Times. Her first book, No One Talks About This Stuff, is an anthology sharing people's untold experiences of infertility and baby loss. Her second book, It's Not A Bloody Trend, a guide to



living with ADHD in adulthood, came out the month before her first book with Little, Brown, (both 2024) which is a ridiculousness that her own ADHD mind really enjoys.

Agents

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Publications

Non-Fiction

ly should spend their life feeling defective. Everyone deserves to a user manual to their brain - welcome to yours. associated more with hyper boys than adults, ADHD (attention hyperactivity disorder) is now recognised as a condition in need abrand which affects people of all genders and ages in a multitude vs.
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enlightening and definitive layman's guide, Kat Brown cheerfully less the stereotypes with scientific evidence, historical context, and cal support for ADHD minds across areas that can cause problems, inances and work to self-medicating, relationships, hormones and steem. on Kat's personal experience and extensive interviews with lers and world-leading clinical experts, It's Not A Bloody Trend is yone wondering if what's always been 'wrong' with them might
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Publication Details	Notes
NO ONE TALKS ABOUT	No One Talks About This Stuff is a support group for almost-parents. A
THIS STUFF	place to share their journeys of loss and limbo, to confront social
2024	pressure and to find courage in the darkness of tragedies which happen
Robinson (Little, Brown)	every day yet are brushed under the carpet.
	So, we hear from a stepmother who wrestles with infertility. A husband
	and wife each tell their experience of losing their baby. A lesbian comes
	of age at a time when gay people rarely become parents. A father finds
	loss to be his unlikely superpower. Complex post-traumatic stress
	disorder impacts a person's choices about having a family. A black
	woman unpacks ancestral shame while finding renewed purpose. And
	each person shares how they lived through it.
	This captivatingly beautiful, profound and honest anthology opens a
	much-needed conversation about society, family and honouring the
	missing children we will never forget.