

## 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

Millie Hoskins

[mhoskins@unitedagents.co.uk](mailto:mhoskins@unitedagents.co.uk)

Assistant

Melissa Tombere

[MTombere@UnitedAgents.co.uk](mailto:MTombere@UnitedAgents.co.uk)

## Publications

### Non-Fiction

---

**Publication Details**

**Notes**

---

**IT'S NOT A BLOODY TREND:**  
**Understanding Life as an ADHD Adult**  
2024  
Robinson (Little, Brown)

Nobody should spend their life feeling defective. Everyone deserves to have a user manual to their brain - welcome to yours.

Once associated more with hyper boys than adults, ADHD (attention deficit hyperactivity disorder) is now recognised as a condition in need of a rebrand which affects people of all genders and ages in a multitude of ways.

In this enlightening and definitive layman's guide, Kat Brown cheerfully smashes the stereotypes with scientific evidence, historical context, and practical support for ADHD minds across areas that can cause problems, from finances and work to self-medicating, relationships, hormones and self-esteem.

Based on Kat's personal experience and extensive interviews with ADHDers and world-leading clinical experts, It's Not A Bloody Trend is for anyone wondering if what's always been 'wrong' with them might just be undiagnosed ADHD.

---

**NO ONE TALKS ABOUT THIS STUFF**  
2024  
Robinson (Little, Brown)

No One Talks About This Stuff is a support group for almost-parents. A place to share their journeys of loss and limbo, to confront social pressure and to find courage in the darkness of tragedies which happen 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.

---