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"Werbetext The new book from the Sunday Times Bestselling Author Über den Autor und weitere Mitwirkende Catherine Gray is an award-winning writer and editor who has been featured in the Guardian, Stylist, the Telegraph, Grazia, The Lancet Psychiatrist, Mr & Mrs Smith, BBC Earth, Women's Health, Stella, T2, Private Eye, Woman's Hour and BBC Breakfast. Catherine's hit debut, The Unexpected Joy of Being Sober, was a Sunday Times top 10 bestseller. Since then she has published The Unexpected Joy of Being Sober Journal and the critically acclaimed Unexpected Joy of Being Single. When she's not writing, Catherine can generally be found taking twenty (identical) pictures of the sunset, wondering why she's always the sweatiest person in yoga, fighting her 'spend it all!' financial urges, or scanning the body language of strangers to see if it's OK to pet their dog. Find out more about Catherine Gray on Twitter @cathgraywrites and Instagram @unexpectedjoyof"

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The unexpected joy of the ordinary is loved both of gray s previous books which extolled the joy of being sober and being single of course this third one could have even broader appeal

The unexpected joy of the ordinary theorises that the solution is rediscovering the joy in the ordinary that we so often now fet to feel because we now expect the pleasure of a

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joy of the ordinary theorises that the solution is rediscovering the joy in the ordinary that we so often now fet to feel because we now expect the pleasure of a croissant a hot shower a yoga class someone delivering our shopping to our door we no longer feel its buzz. The unexpected joy of the ordinary in celebration of being of the ordinary average book gray theorises that the catherine ordinary solution is average normal the rediscovering the joy everyday is the wall

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everyday life.

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author of the
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unexpected joy of
being sober and the
unexpected joy of
being single she
intersperses her
research into
psychology and
mental health with
her own personal
stories many of
which are poignant
and funny**

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writer and editor
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featured in the
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telegraph grazia the
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bbc earth women s
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doesn't offer any advice that seems to come from a different world time for yourself which you simply have for example but manages to push you ever so slightly into a nice direction that might lead to more happiness and contentment to less envy and less keeping up with the Joneses.

times best selling author we're told that happiness is in the extraordinary it's on a Caribbean sun lounger in the driving seat of a luxury car inside an expensive golden locket watching sunrise from Machu Picchu we strive to reach p

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catherine gray
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