



PRESS RELEASE

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Author Louisa Guise is taking part in a Meet the Author event at Wolverhampton Literature Festival

Eight months after the release of her first non-fiction book [How to Leave a Group Chat](#), author Louisa Guise headed to Wolverhampton to host a Meet the Author event at Wolverhampton Literature Festival. It is taking place on Saturday 1st February 2025 at 1:30pm at Wolverhampton Central Library.

The day after the event, Louisa will be holding a book signing at local independent bookshop [Blue Sheep Books](#) in Wednesbury.

How to Leave a Group Chat is a book about communication and instant messengers. This ground-breaking popular psychology book helps you understand your relationship with your phone better, and in turn improve it so that you can become your best self. Smartphones and their use is a hot topic at the moment with schools banning phones in class, a campaign group [Smartphone Free Childhood](#) established earlier this year to ban children from using social media and reports of people increasingly turning away from more modern technology and instead buying simpler phones or even reverting back to polaroids and postcards. The book looks at changes in communication and behaviour, and why we have the relationship with our devices that we do.

At the Wolverhampton Literature Festival's Meet the Author Event, Louisa will introduce herself and to talk about [How to Leave a Group Chat](#) as well as the issues raised within the book and how you can balance your relationship with your own smartphone. There will of course be plenty of time at the end to answer questions.

You can [sign up to attend Louisa's Meet the Author event for free](#) via the Wolverhampton Literature Festival's website.

[Pre-order your copy of How to Leave a Group Chat](#) from Blue Sheep Books. Louisa will sign copies of her book on the day.

How to Leave a Group Chat was published by [the Book Guild](#) on Friday 28th June 2024.

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About the author

Cardiff born and bred, Louisa Guise lives to write and has had a number of poems published. How to Leave a Group Chat is her first non-fiction book and it draws upon the knowledge gained from her long career as a communications professional. Louisa now lives in Reading with an army of houseplants, where, aside from writing, she enjoys yoga, good food and kayaking on the Thames.

About the Wolverhampton Literature Festival

Hosted by the City of Wolverhampton Council with funding support from Arts Council England, Wolverhampton Literature Festival is an event held annually every first weekend of February. The festival always takes place across a weekend and hosts a great selection of renowned authors and speakers as well as local writers, artists, and creatives, who come together to celebrate art, culture, and literacy within the city.

Contact: louisa.guise86@gmail.com

Web:

<https://www.louisaguiseauthor.com/>

<https://www.linkedin.com/in/louisa-guise/>

<https://allaboutdigitalmarketing.substack.com/>

<https://x.com/whatiwrote>

<https://bsky.app/profile/louisaguiseauthor.bsky.social>

<https://www.tiktok.com/@louisawrites>

<https://www.facebook.com/louisaguiseauthor/>