PRESS RELEASE

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Author Louisa Guise is holding an Open Space session at Cardiff Central Library

Six months after the release of her first non-fiction book How to Leave a Group Chat, author Louisa Guise is holding an Open Space session at Cardiff Central Library. It is taking place on Thursday 23rd January 2025 at 5:45pm in the Peter Cronin Suite. As a Cardiff native, Louisa has been loaning books from Cardiff Central Library since she was a young child, so being able to hold an event here is one of the highest honours that she could ever be awarded.

Open Space is a regular series of author events held by Cardiff Libraries. Mostly focusing on works of fiction and poetry, the library events team are delighted to host a non-fiction event once again.

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 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 via the Cardiff Hubs & Libraries Ticketsouce page.

Pre-order your copy of How to Leave a Group Chat from local independent bookshop Book Space Cardiff via bookshop.org. Louisa will sign copies of her book on the day. A number of books will also be available to purchase on the night, but as Louisa can only accept cash, it's recommended that if you would like a copy that you pre-order ahead of the event.

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 Cardiff Central Library

Cardiff Central Library began as a Cardiff Free Library which was established above the entrance of St. Mary's Street, a central shopping street in Cardiff City Centre, in 1861. It was the first public library in Wales and is still the largest. Now situated in Mill Lane on the edge of the pedestrian shopping zone, Cardiff Central Library loans over 300,000 books a year and boasts a physical customer footfall of over 400,000 library users annually.

About Book Space Cardiff

Book Space Cardiff is an independent bookshop in the heart of Cathays. Opened by Lily in June 2024, the aim if for the shop to become a hub for the community and they regularly host events.

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https://allaboutdigitalmarketing.substack.com/

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