



PRESS RELEASE

16/02/2025

Author Louisa Guise is giving a talk at a Harrogate International Festivals event

Author Louisa Guise has been invited to travel to Harrogate, Yorkshire to host a talk at the [Berwins Salon North event](#) as part of Harrogate International Festivals. The event is taking place at The Crown Hotel, Harrogate from 7:30pm on Thursday 10th April 2025.

How to Leave a Group Chat is a ground-breaking popular psychology book about communication and instant messengers. It was written to help you understand your relationship with your phone better, and in turn give you the confidence and understanding to improve it so that you can become your best self. Smartphones and their use is a hot topic at the moment with more and more schools banning phones in class, a campaign group [Smartphone Free Childhood](#) established last year to ban children from using social media, and reports of people increasingly turning away from more modern technology and instead buying simpler (dumb) 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.

The Berwins Salon North Event has been voted number six in the 'Top 100 Things to do in the World' by GQ magazine. It is an entertaining cabaret-style evening designed to enlighten you and excite your curiosity. You will get to hear from three speakers, including Louisa, who will spend an enlightening 25-minutes sharing new ideas with you and different ways of thinking. At this event you will also get lots of opportunities to network, buy a signed book from the speakers, and enjoy a drink at the well-stocked bar.

At the talk, 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. Tickets for the Berwins Salon North Event are on-sale now from the [Harrogate International Festival's website](#).

You will be able to [purchase How to Leave a Group Chat from Waterstones](#) on the night, or you can [purchase a copy from them](#) ahead of the talk. Louisa will sign copies of her book on the night.

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

END

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.

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/>