

NEWS FROM
voice

FOR IMMEDIATE RELEASE

Sometimes life's best moments come when the glass is half empty

Cheap Cabernet

A Friendship

By Cathie Beck

"Cheap Cabernet is a **wickedly smart and poignant tale** of two women's lives—unexpectedly and irreversibly altered—when both are at their primes. It is a **page-turner, impossible to put down**, and lodges forever in its readers' psyches. More than a satisfying read, *Cheap Cabernet* is a celebration of all parts of women's lives—championing every single second of any person's existence—and celebrating the dark, the light, the wonderful 'chapters' that ultimately make up a life."

—*Kirkus Reviews*

"A **lively, pull-no-punches storyteller**, Beck writes with great affection."

—*Booklist*

"I read *Cheap Cabernet* in **one breathless sitting**. I gulped it down and then I sat there and let the taste of love and sorrow and redemption linger for a long time."

—*Alison Smith, author of Name All the Animals*

"Beyond wonderful—wickedly funny, poignant, and smart. Anyone who's a fan of Mary Karr or Annie Lamott will find Cathie Beck's *Cheap Cabernet* both **laugh-out-loud hysterical—and heartbreaking**."

—*Elle Newmark, bestselling author of The Book of Unholy Mischief*

"I didn't know that people come into our lives and sometimes, if you're really lucky, you have the chance to love them, that sometimes they stay and sometimes you can truly depend on them."

—from *Cheap Cabernet: A Friendship*

Cathie Beck knows that a life-changing journey can start with a glass of cheap cabernet. In her touching and wildly funny memoir, **CHEAP CABERNET (Voice; July 20, 2010; Trade Paperback; \$14.99)**, she shares with us how a brief, bittersweet friendship taught her that with enough humor and daring, it's never too late to do or be anything. This is the stirring saga of how she comes to terms with the painful truths about her friend, as well as her own past, while working her way out of poverty and learning to appreciate all of life's moments.

Cathie was just 21 years old when her husband abandoned her and her two young children, taking their car and their life savings. Despite the hardships, she worked tirelessly with a fierce determination to ensure a safe and loving upbringing for her children. It wasn't until her late thirties that she was finally able to exhale after so many years of trying to survive.

But there was one problem: Having devoted all of her time to raising and supporting her children, Cathie didn't have any friends of her own. With both of her children away at college, she was alone. Always a troubleshooter, she placed an advertisement in the local newspaper to start a group called *WOW: Women on the Way*. Out of this group, a friendship formed: one of those meteoric, life-altering bonds that comes along once in a lifetime...if you're lucky.

A savvy businesswoman and opinionated artist, Denise had the flair for life that Cathie had lost long ago. These two women connected immediately, embarking on a four-year odyssey fraught with adultery, sensational food, and illegal travel, all while struggling to conquer the limits of an illness destroying a woman at her prime—Denise suffered from multiple sclerosis and the time she had left was dwindling.

Beck's heartfelt remembrance of women's friendship demonstrates the power it has to transform a woman's life, no matter what her age. Through the good times and bad, through tears and laughter, and, most importantly, over a large glass of wine, **CHEAP CABERNET** explores what living—and dying—is really about. Beck proves that what does not kill you will only make you stronger—and that it doesn't hurt to have a little help.

Cathie Beck is available for interviews. Discussion topics include:

- How approaching new friendships with a positive attitude can contribute to a fuller, happier life;
- Why developing strong bonds through friendship benefits your health by reducing your stress level and boosting your self-esteem;
- Recommendations for affordable (and flavorful!) bottles of wines that suit any occasion, from throwing a dinner party for your closest pals to gossiping with your best friend over popcorn and a movie on Friday night;
- How powerful and supportive friendships can help you to overcome difficult times in your life;
- The countless reasons why friends connect over an inviting glass of wine.

ABOUT THE AUTHOR: Cathie Beck's work has appeared in publications including *Glimmer Train*, *Zoetrope*, *The Los Angeles Times*, *The Denver Post*, *The Rocky Mountain News*, *The Denver Business Journal*, *The Boulder Daily Camera*, *Poets & Writer's Magazine*, and *Writer's Digest*. She is the recipient of writing awards from both the Louisiana and Denver Women's Press Clubs, and of the Scripps-Howard Award for Excellence in Journalism. Having received her M.A. in Creative Writing from the University of Colorado at Boulder, Beck is currently "The Wine Wench" columnist for *ColoradoBiz* magazine and KUVU Public Radio. *Cheap Cabernet* is her first book.

A portion of the sales of this book will go directly to the National Multiple Sclerosis Society to help further research.

CHEAP CABERNET by Cathie Beck

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A reading group guide and other features are included.

Also available as a

H Y P E R I O N
..... eBook

To request an interview with Cathie Beck or a review copy, please contact:
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Find details of Cathie Beck's events at CathieBeck.com and EveryWomansVoice.com.