
Book Press Release –First published as ‘Glass Half Full’ in 2017 –renamed new edition in 2023

Vineyard Confessions

Tales of Menopause, Love and Natural Wine

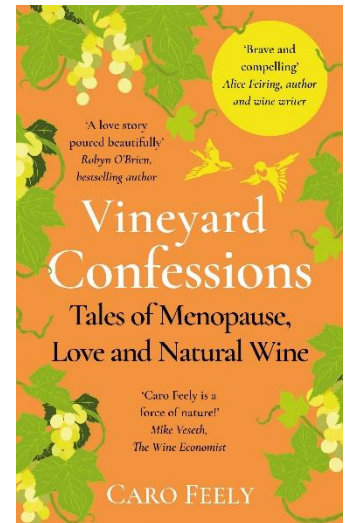
Caro Feely

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How do you balance a growing business and family life? Is it possible to have it all?

‘Hand harvesting was a different process to machine harvesting. It was convivial and slow. We started at dawn and slowly proceeded across the vineyards. It was better for us and for the grapes, the human scale and pace of it was peaceful and joyful. It gave us time to share confidences and confessions.’



But this rose-tinted glimpse of Sean and Caro’s French vineyard life is only part of the story – with it come long hours and uncertainty. The rollercoaster ride of managing a growing business and navigating menopause is as challenging as making natural wine in harmony with the environment.

Join Caro on her search for balance in life, love and wine. Does yoga hold the secret? Will she make it through this growth phase with marriage, farm and sanity intact?

‘A love story poured beautifully.’ Robyn O’Brien, bestselling author

‘Caro Feely is a force of nature! Caro draws the reader into her world with its all of its challenges, triumphs and heartaches. Required reading for winelovers everywhere.’ Mike Veseth, The Wine Economist

‘Honest and touching. Caro Feely gives us the real thing, not only living the dream of making great wine in France but the work required while raising a family and holding a marriage together... and why we need to heal our soil and change the way we farm.’ Martin Walker, bestselling author of Bruno, Chief of Police Series

‘A brave and compelling tale’ Alice Feiring, author and journalist

Extracts/serialisation; Photos available; Author available for interview.

About the author: Caro Feely traded her tech career for a dream to become an organic farmer, writer, and teacher. She is published author of six books and wine writer for Living magazine. Acclaimed **‘winning’, ‘sincere’** and **‘passionate’** by **The New York Times**. For press requests please contact caro@carofeely.com.

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