

Helen Brown – Media Kit

Author Overview

Helen Brown is an internationally bestselling author whose heartfelt cat memoirs have touched millions of readers across 73 countries. Her debut memoir *Cleo* became a New York Times bestseller, selling over 2 million copies worldwide and being translated into 18 languages.

Born in New Zealand and now based in Melbourne, Australia, Helen brings decades of journalism experience to her deeply personal storytelling. Her award-winning background includes work as a columnist, TV presenter, and scriptwriter, earning her recognition including the Nuffield Press Fellowship to Cambridge University.

Key Statistics & Achievements

Publishing Success:

- 2+ million copies sold worldwide
- 18 languages translated
- 73 countries published
- New York Times Bestseller
- UK Sunday Times Bestseller

Professional Recognition:

- Nuffield Press Fellowship, Cambridge University, UK
- Columnist of the Year 2007 & 2005 – Magazine Publishers Association of New Zealand
- Multi-award winning journalist and columnist
- 15 books published

Book Portfolio

The Cat Chronicles Series

CLEO (2009) The memoir that started the international phenomenon

- A small black kitten helps heal a grieving family after tragedy
- New York Times and UK Sunday Times bestseller
- Published in 18+ languages across 73 countries
- 2+ million copies sold worldwide

AFTER CLEO CAME JONAH (2012) Also published as “Jonah” or “Cats and Daughters”

- The sequel embraced by readers and critics worldwide
- Published in multiple languages
- Continuation of Helen’s journey with cats and healing

BONO (2018) The rescue cat who inspired a community

- Based on Helen’s viral Huffington Post blog (26+ million readers)
- Story of fostering a rescue cat in New York
- Translated into several languages

MICKEY (2024) The Cat Who Raised Me

- Helen’s latest memoir exploring her childhood in 1960s New Zealand
- A coming-of-age story featuring her polydactyl cat Mickey
- Her most recent release, offering comfort and nostalgia

Additional Works

TUMBLEDOWN MANOR (2014) A captivating novel about midlife reinvention and unexpected second chances. When a New Yorker inherits her grandfather’s crumbling manor in Castlemaine, rural Australia, she embarks on a transformative journey of self-discovery, renovating not just an old house but rebuilding her entire life in the process.

CLEO AND ROB (2019) – Children’s version illustrated by Phoebe Morris

Eight collections of newspaper columns

Television writing credits: Country GP, Fourth Estate, What Now

Professional Bio – Long Form

Helen Brown was born in New Plymouth, New Zealand, where her journalist mother hammered out stories on a typewriter while her father managed the local gasworks. This early exposure to storytelling shaped Helen’s future career as both a journalist and bestselling memoirist.

At 16, Helen left school to study journalism at Wellington Polytechnic, beginning her media career as a cadet at The Dominion newspaper. Her professional journey took her to the UK, where she worked as a feature writer and theatre critic, before returning to New Zealand to establish herself as one of the country’s most respected columnists.

Helen's journalism career spans decades of award-winning work. Her weekly columns were syndicated to seven newspapers, and she became a regular panellist on TVNZ's Beauty and the Beast while writing for television programs including Country GP and What Now. Her excellence in journalism was recognized with multiple Columnist of the Year awards and culminated in receiving the prestigious Nuffield Press Fellowship to Cambridge University, where she researched environmental issues from a spiritual perspective.

The transition from journalism to international bestselling author came through personal tragedy and healing. Following the loss of her son Sam, Helen found solace in writing about Cleo, a small black kitten who helped her family navigate grief. This deeply personal memoir struck a universal chord, becoming a New York Times bestseller and launching Helen's career as a beloved international author.

Now based in Melbourne with her husband Philip, Helen continues to write about the profound connections between humans and animals. Following the passing of her beloved cat Jonah in November 2024, she is currently enjoying connecting with neighbourhood felines while continuing her writing journey. Her work explores themes of love, loss, healing, and the extraordinary wisdom found in ordinary moments – particularly those shared with cats.

Helen's writing philosophy centers on authenticity and the belief that personal stories, when told with honesty and heart, can provide comfort and insight to readers facing their own challenges. Her international success demonstrates the universal appeal of stories about resilience, family, and the healing power of love – whether from humans or their feline companions.

Professional Bio – Short Form

Helen Brown is the New York Times bestselling author of Cleo, a memoir that has sold over 2 million copies worldwide and been translated into 18 languages. A multi-award winning journalist from New Zealand, Helen now lives in Melbourne and continues to write about the profound connections between humans and cats. Her four cat memoirs have touched readers across 73 countries, establishing her as an internationally beloved voice in narrative non-fiction.

Key Messages & Themes

Core Themes:

- Healing through connection – How relationships with animals can provide profound emotional healing
- Resilience in adversity – Finding strength and hope during life’s most challenging moments
- Universal love – The bonds that transcend species, cultures, and languages
- Life transitions – Navigating change, loss, and new beginnings at any age
- Mindful living – Learning to embrace the present moment through feline wisdom

Speaking Topics:

- “The Healing Power of Animals: Lessons from International Bestselling Success”
- “From Grief to Global Phenomenon: The Cleo Story”
- “Writing Memoir: Turning Personal Pain into Universal Healing”
- “International Publishing: How Local Stories Become Global Successes”
- “The Wisdom of Cats: What Our Feline Friends Teach Us About Living”

Notable Quotes & Reviews

Reader Reviews “Helen Brown’s remarkable memoir threatened to break my heart, but she didn’t break my heart at all – she opened it.”

- Beth Hoffman, New York Times bestselling author

“Brown gives inspiration with her witty, adventurous story.”

- RT Book Reviews

“Brown writes eloquently about women, daughters, and felines.”

- Kirkus Reviews

“One of the most moving books I’ve ever read.”

- Books Direct, UK

“Poignant and life affirming.”

- Daily Express, UK

Helen’s Philosophy “Cats don’t beat themselves up about not working hard enough. They don’t get up and go, they sit down and stay. For them, lethargy is an art form. From their vantage points on top of fences and window ledges, they see the treadmills of human obligations for what they are – a meaningless waste of nap time.”

“Great joy doesn’t obliterate grief. Both can be encompassed at the same time.”

“People persuade themselves they deserve easy lives, that being human makes us somehow exempt from pain... Those who’ve survived periods of bleakness are often better at savoring good times and wise enough to understand that good times are actually great.”

Contact Information

For Media Inquiries:

- Website: www.helenbrown.com.au
- Email: helen@helenbrown.com.au

For Speaking Engagements:

- Email: helen@helenbrown.com.au
- Topics: Memoir writing, healing through animals, international publishing success

Social Media:

- Instagram: [@helenbrownauthor](https://www.instagram.com/helenbrownauthor)
- Facebook: Helen Brown Author
- TikTok: Helen Brown author

Available Assets

High-Resolution Images

- Professional author headshots (color and black & white)
- Book cover images (all titles, high resolution)
- International edition covers collection
- Author with cats (lifestyle photos)

Interview Materials

- Sample interview questions
- Previous interview clips and articles
- Podcast appearance links
- Video content from recent book tours

Marketing Materials

- Book trailers and promotional videos
- International sales maps and infographics
- Reader testimonials compilation
- Award certificates and recognition documents

Interview Talking Points

Personal Story

- Journey from journalism to international bestselling author
- How personal tragedy led to global literary success
- Life in New Zealand vs. Australia and international perspective
- The role of cats in her life and writing

Writing Process

- Transition from journalism to memoir writing
- How to write about grief and loss with hope
- The universal appeal of animal stories
- Advice for aspiring memoir writers

International Success

- What makes a local story translate globally
- Working with international publishers and translators
- Differences in how various cultures receive her work
- The business of international publishing

Current Projects

- Latest book Mickey and its themes
- Future writing plans and projects
- Teaching memoir writing
- Speaking engagement topics

Quick Facts

- **Born:** New Plymouth, New Zealand (1954)
- **Current Residence:** Melbourne, Australia
- **Family:** Married to Philip Gentry, mother to Sam (deceased), Rob, Lydia, and Katharine, and devoted grandmother to Annie, Stella, Alice, and Wendy
- **Pets:** Following the passing of beloved Jonah in November 2024, currently enjoying connections with neighbourhood cats
- **Education:** Journalism, Wellington Polytechnic; Nuffield Fellow, Cambridge University
- **Career Span:** 40+ years in journalism and writing
- **First Book:** Don't Let Me Put You Off (1981)
- **Latest Book:** Mickey (2024)
- **Total Books:** 15 published works

This media kit is updated as of 2025. For the most current information and additional materials, please contact Helen's media team.