

## Nell Frizzell

### Author / Journalist

Nell Frizzell has written for *The Guardian*, *VICE*, *The Telegraph*, *Elle*, *Grazia*, *The Pool*, *The Observer*, *Buzzfeed*, *Refinery29*, *Red*, *Time Out* and is a *Vogue* columnist. She is best known for features and columns on gender, culture, art and politics, including a recent *Guardian* piece on childbirth that was shared over 10,000 times, a dispatch from The Jungle refugee camp in Calais for *VICE*, advice on breastfeeding in public and many, many pieces on wild swimming.



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## Publications

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### Fiction

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Publication Details	Notes
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## SQUARE ONE

2021

Transworld

Everyone is moving on... and then, there's Hanna. By thirty, Hanna expected to have it all (or at least some of it)

- A fulfilling and successful career
- A healthy, long-term relationship, maybe even an engagement ring
- A house (or at least a flat) of her own

But in reality, she's back at square one...

- Single after breaking up with someone she's not sure ever loved her
- Flooded with wedding invitations and pregnancy scan pictures from friends
- Unable to afford to live on her own and forced to move in with her father who is also single and dating

Everyone moves at different paces, but Hanna's life is in reverse. With the pressure to keep up and her dad's insufferable musings on Tinder, will she be able to figure out what she really wants?

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## Non-Fiction

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### Publication Details Notes

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#### **At The Pond: Swimming at the Hampstead Ladies Pond**

2019

Daunt Books

Tucked away along a shady path towards the north-east edge of Hampstead Heath is a sign: Women Only. This is the Kenwood Ladies' Bathing Pond. Floating in the Pond's silky waters, hidden by a canopy of trees, it's easy to forget that you are in the middle of London. On a hot day, thousands of swimmers from eight to eighty-plus can be found waiting to take a dip before sunbathing in the adjoining meadow. As summer turns to autumn and then winter, the Pond is still visited by a large number of hardy regulars in high-vis hats, many of whom have been swimming here for decades. In these essays we see the Pond from the perspectives of writers who have swum there. Esther Freud describes the life-affirming sensation of swimming through the seasons; Lou Stoppard pays tribute to the winter swimmers who break the ice; Margaret Drabble reflects on the golden Hampstead days of her youth; Sharlene Teo visits for the first time; and Nell Frizzell shares the view from her yellow lifeguard's canoe. Combining personal reminiscence with reflections on the history of the place over the years and through the changing seasons, At the Pond captures fourteen contemporary writers' impressions of this unique place.

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**Publication Details** **Notes**

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**The Panic Years**

2021

Transworld

The Panic Years: something between adolescence and menopause, a personal crisis, a transformation.

The panic years can hit at any time but they are most commonly triggered somewhere between the ages of twenty-five and forty. During this time, every decision a woman makes - from postcode to partner, friends to family, work to weekends - will be impacted by the urgency of the one decision with a deadline, the one decision that is impossible to take back: whether or not to have a baby.

But how to stay sane in such a maddening time?

How to understand who you are and what you might want from life?

How to know if you're making the right decisions?

Raw, hilarious and beguilingly honest, Nell Frizzell's account of her panic years is both an arm around the shoulder and a campaign to start a conversation. This affects us all - women, men, mothers, children, partners, friends, colleagues - so it's time we started talking about it with a little more candour.

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**HOLDING THE  
BABY**

2023

Transworld

It's time to share the motherload.

A memoir culminating in a manifesto, Holding the Baby sets out to understand why we still treat early parenthood as an individual slog rather than a shared cultural responsibility. Tracing her own journey to the nadir of sleeplessness via social retreat and murderous rage, Frizzell draws on the latest research to explore:

- What effect does parenting have on your career?

- How can we make childcare affordable and fit for purpose?

- If parenting is so hard, why does anyone ever do it more than once?

Funny, reassuring and radically ambitious, Holding the Baby sheds light on the ways in which we fail new parents, and offers a rallying cry that we fight for a better alternative.

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