



JUDE ADAMS
**The Window
to My Soul**

NEWS RELEASE

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Jude Adams' *The Window to My Soul*

A 'Memoir of Sorts'

Launch date: June 8, 2019

Jude Adams, singer/songwriter and now writer, is to launch her first written work, *The Window To My Soul*, on Saturday June 8, 2019 at The Hot Tin, Faversham, Kent, hosted by Rosie Millard OBE, Chair of BBC Children in Need, journalist and broadcaster. It will be accompanied by Adams' second album of the same name.

Despite her deep love of music Adams did not pluck up the courage to start singing until she reached the age of 50. Her initial venture was short-lived, as two years later she was forced to abandon her singing career following a diagnosis of the debilitating illness, M.E.. Adams was not to be deterred, however. As part of her recovery programme she was advised to journal and soon realised that many of the entries were evolving into lyrics and accompanying melodies. The result was Adams' first album, *This Girl, This Woman*, launched in 2016 aged 57.

The Window to My Soul – a “memoir” of sorts – is Adams' first foray as a writer and was inspired by the rediscovery of a childhood gift, a beautiful box set of *Alice in Wonderland*, combining vinyl LPs with illustrated book. Adams instinctively adopted the format, seeing it as a path to further articulate her own creativity and expand her forms of expression, so she could reach, touch and inspire more people with her work and her story.

Presenting in a coffee table format, Adams has sought to produce a work of beauty and substance. Rather than a standard linear narrative, *The Window to My Soul* floats across a lifetime, stopping to focus on the diverse influences that shaped the writer. It is poignant, humorous and searingly honest in parts and covers the breadth of life experience through a deliberate mash up of media – word, poetry and illustrations. It entices the reader to dip in to different episodes, experience Adams' passions and reflect on his/her own: all underpinned by a range of themes from home and travel to relationships and rediscovery, the creative force, and how to live life such that is it a *Most Extraordinary Adventure*.

***The Window to My Soul* – the album** – is a compelling counterpoint to the 'memoir of sorts', each track linking to a story in the book. At every turn the listener tangibly feels Adams love for life and adventure, her courage and determination. Adams champions the mantra “new does not mean young” when talking about talent and her collaboration with young musicians gives this second album a contemporary soulful and dance vibe.

MORE

The launch event in June 2019 will feature guest readings from Adams' book and an "In Conversation" led by Rosie Millard focusing on Adams' unusual story, her passions and how she has taken creative control as an older woman. Adams will also premiere her new album *The Window to My Soul* live at the event.

The Window to My Soul (book) – available on line and from all good book shops: ISBN 978-9160473-0-3 from June 8, 2019.

The Window to My Soul (album) – available as CD from all main online retailers and digitally on all main streaming services from June 8, 2019.

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For further information, photos, review copies of the album or book please contact:

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NOTES TO EDITORS:

Jude Adams' story is unusual. Despite a deep love of music, she did not start singing until aged 50, and this venture in itself was short-lived as just two years later she was obliged to stop performing due to illness. It was during her 5-year recovery period that she started writing as a creative outlet: her writings and musings gradually evolving into lyrics and inspiring her to write melodies.

In 2016 Adams (57) released her first album, *This Girl, This Woman* with a multimedia exhibition – *The Most Extraordinary Adventure* - which toured Kent including a performance at Canterbury Festival Umbrella in 2017.

The album received critical acclaim and featured on the sound track to *Older Women Rock!* (2018), a documentary by spoken word poet, Leah Thorn and film-maker, Clare Unsworth.

Rosie Millard OBE, journalist and broadcaster, commenting on the artistic quality of *This Girl, This Woman* said "*The album itself is a wonderful piece of fresh artistic talent, great music, very well delivered, very original and at the same time very welcoming. The songs are catchy and have great integrity.*"

The book, *The Window to My Soul*, is edited by Marnie Summerfield-Smith.

The album, *The Window to My Soul* is co-produced by Georgia Train (CEO, Hookers Songs) and Chris Stagg.

Adams has recently appeared at Whitstable Literary Festival (May 8–12, 2019) and has been invited to Westgate-on-Sea Literary Festival (September 14-15, 2019) to discuss her 'memoir of sorts' and new album.

Further information about Jude Adams can be found here: www.judeadamssings.net