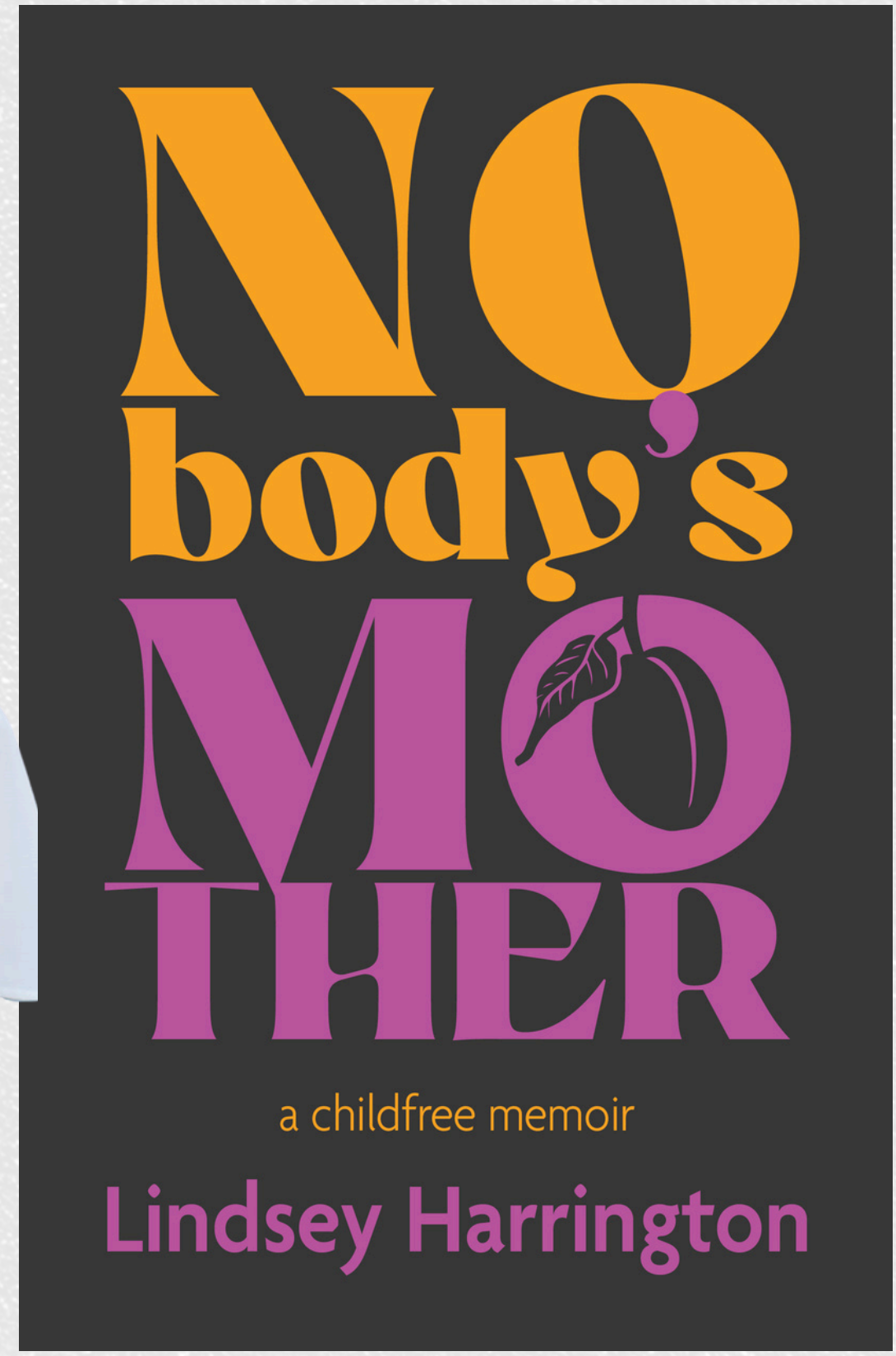
LINDSEY HARRINGTON

media kit

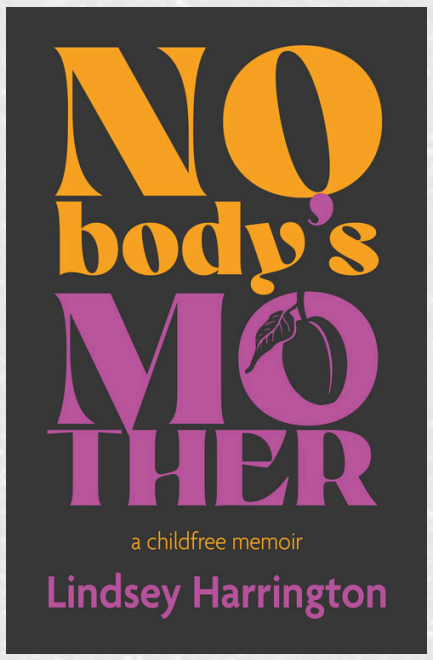




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LINDSEY HARRINGTON

bios





short-form

Lindsey Harrington is an east coast Canadian writer of nonfiction, fiction, and poetry. She loves exploring societal issues through a personal lens, including the rise of childfree women. Nobody's Mother is her first book, but it certainly won't be her last.

long-form

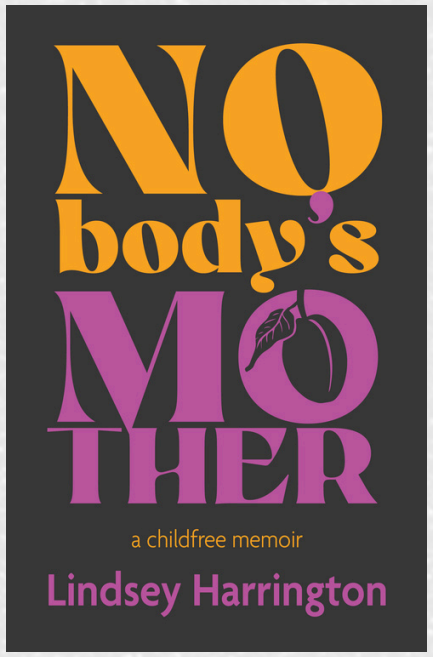
Lindsey Harrington is a Nova Scotia-based, Newfoundland-born writer of nonfiction, fiction, and poetry. She loves exploring societal issues through a personal lens, as she does in her authorial debut, Nobody's Mother: A Childfree Memoir. She has longlisted for the CBC Nonfiction Prize and published with the CBC, the Toronto Star, and Blank Spaces Magazine, among others.

Lindsey shares her Dartmouth home with her husband and three dogs—but for the record she is not a dog mom! She owns too many bicycles and books but figures there are worse addictions.

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LINDSEY HARRINGTON

q&a





Did you always know you wouldn't be a mother?
Definitely not. Growing up in a rural, Catholic community in the nineties, I didn't even know it was an option!

Why did you decide to write a book about it?
Is really struggled with feeling left out and less than as friends and family members started to have kids. It was really impacting my relationships and my life. Writing about it helped me understand what was going on for me and how I could take control of my life back.

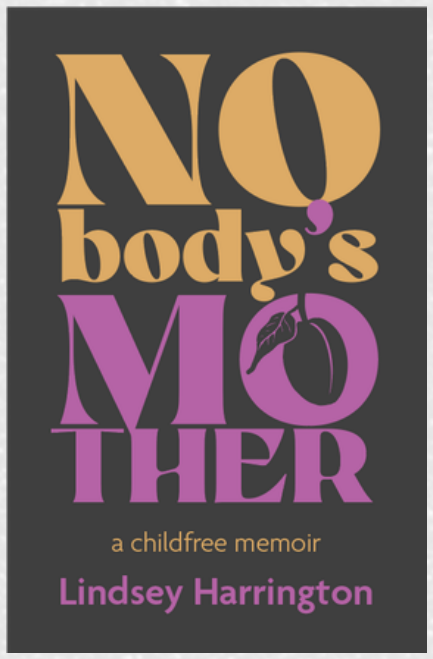
And why did you decide to share such a personal story so publicly?
When I was at the height of my struggle I searched high and low for a memoir from this perspective. At that time, there were very few books about the 'to be or not to be' motherhood minefield and how difficult it can feel to build a life different than those around you.

Do you have any advice for childfree women and those who love them?
Do the hard work of interrogating your feelings and making the decisions that are right for you. Give yourself and those around you grace when you can. Take a beat when you can't.

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LINDSEY HARRINGTON

sell sheet





Nobody's Mother: A Childfree Memoir

By Lindsey Harrington

Memoir / $24.95 / 256 pages

ISBN - 9781774715888

Publication Date - October 6, 2026

Synopsis - To be, or not to be a mother. No is the answer. Nobody's Mother follows one woman's journey through the societal expectations of women, and the personal fallout she experiences when she chooses to be childfree.

Territories - Canada (Fall 2026) US and Europe (Spring 2027)

Formats Available - Paperback, Ebook, Audiobook (forthcoming)

Testimonials -

A striking memoir of stubborn nonconformity and a celebration of a carefully conceived childfree life.

- Nicole Louie, Others Like Me

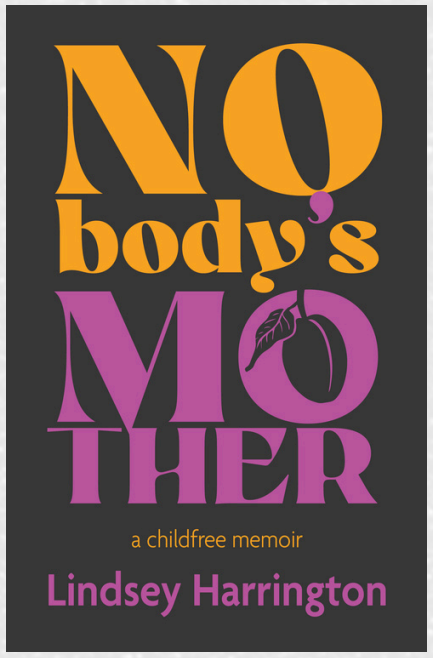
-A stunning account of the tug-of-war between self-hood and expectation. - **Lil O'Brien, Otherhood**

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LINDSEY HARRINGTON

press release





TO BE OR NOT TO BE--A MOTHER. NO IS HER ANSWER.

Nobody's Mother: A Childfree Memoir is a raw and honest exploration of one woman's decision to opt out of parenthood, set against an equally dramatic east coast setting.

FOR IMMEDIATE RELEASE

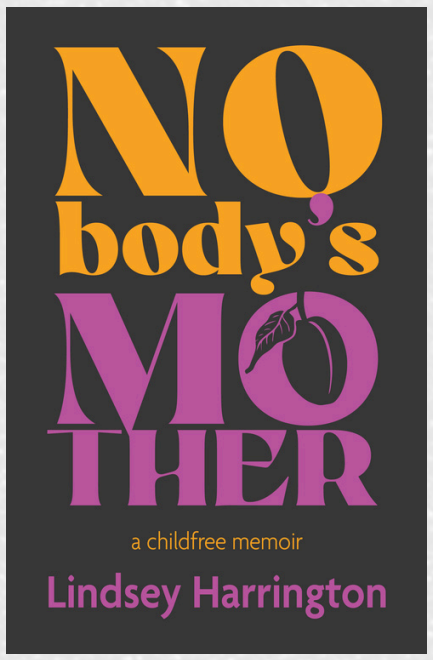
Halifax, Nova Scotia- Nimbus Publishing and Lindsey Harrington announce the release of Nobody's Mother: A Childfree Memoir on October 6, 2026.

Lindsey Harrington grew up in rural, religious Newfoundland. She had never questioned if motherhood was for her—it was just what everyone did. It wasn't until her twenties that she realized it was a choice, and that she might want to take the path less travelled, no matter the consequences.

Described as "a stunning account of the tug-of-war between self-hood and expectation," Nobody's Mother explores mother-daughter dynamics, female friendship, sexuality and purity culture, mental health, and the maternal role women often play in romantic relationships.

LINDSEY HARRINGTON

press release





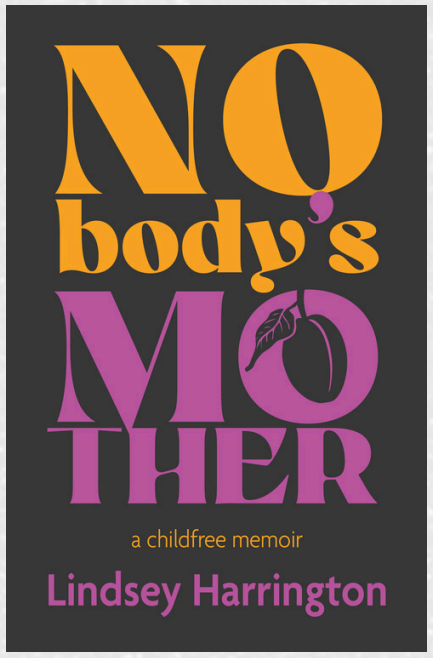
Nobody's Mother will speak to anyone who struggled to decide their reproductive future, especially the growing number of women who choose to be childfree and those who wish to understand that choice.

Available for purchase online, by phone, or in-person at any local independent bookstore. Find the one nearest you at https://www.indiebookstores.ca/book/9781774715888/. Launches will occur in Dartmouth, Nova Scotia (7 p.m., October 16, X) and St. John's, Newfoundland (7 p.m., October 23, Y). Both events will include a reading, a q&a, live music, and activities celebrating reproductive autonomy and the choice to be childfree. Media are welcome.

Contact Atlantic Publicist, Hannah Zamora (902-455-4286, hzamora@nimbus.ca) or National Publicist, Karen McMullin (647-461-3824, kmcmullin@nimbus.ca), with media inquiries and interview requests.

LINDSEY HARRINGTON

download links





Book excerpt and high res headshots available for download at https://lindseyharrington.com/about-4#download-links

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