



**Janey Lee's biography**

## **Janey Lee Grace**

**Holistic life coach, broadcaster and bestselling author**

Janey is a TEDx speaker and passionate about all things holistic from organic food to parenting and not only does she help promote healthy living but she supports companies in all sectors on their PR.

### **Janey Lee Grace's background**

She is well known for her appearances on The Big Show – Steve Wright in the afternoon on BBC Radio 2, but not many know that as well as having a top ten hit record in the 90's with Cola Boy (Seven Ways To Love), touring the world as a backing singer with many stars including George Michael and Wham, Kim Wilde and Boy George.

Janey has written five books on Holistic living including the number One Amazon best-seller Imperfectly Natural Woman and currently writes columns for many magazines and runs training workshops and consultations on Media Breakthrough for holistic [businesses](#) and solopreneurs.

She runs the hugely successful [health and well-being](#) website [www.imperfectlynatural.com](http://www.imperfectlynatural.com) and has been voted Number One in 'Who's Who in Natural Beauty Industry' yearbook for three consecutive years.

She has appeared on [Celebrity](#) Antiques Road Trip with her Radio 2 co-host Tim Smith and has made regular contributions on many shows including Good Morning Britain, The Wright Stuff, BBC Breakfast and Sky TV Entertainment news.

In 2018, Janey decided to ditch the drink. Like many people find there were many signs pointing her to this new way of life and once she recognised them, there was no turning back! Much of Janey's life and career has been with the mission of improving people's health simply by making the right choices – choices that are sometimes hidden from us by the rip, rig and panic of 21st century life. Ditching the booze is the new chapter in that path of health happiness and well-being. And so The Sober Club was born.

### **Janey Lee's talks**

- **Health and well-being**

- **Small change - big difference**
- **Ditch the chemicals, feel better**
- **Natural and ethical products**
- **Tick the eco box without trying**
- **Sobriety**
- **How to live a more natural and sustainable life**

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