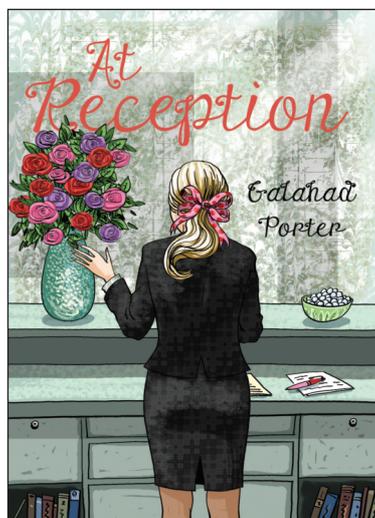




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AT RECEPTION

Galahad Porter confronts issues of loneliness, stress and self-discovery in debut novel

Loneliness is an issue of pressing importance – not just in the older generation, but more generally in those living alone. In his novel, *At Reception*, Galahad Porter promotes the concept of self-care and encouraging relationships – both romantic and platonic – through the character of Sally.

Sally finds herself in a lonely world of her own making. Suffering psychological stress, unsupported and mistreated, she chooses to live alone, with only stuffed toy pets for company. Unable to change her situation, she is locked in a cycle that's impossible to escape and crippling her life.

Speaking about the inspiration for his novel, Galahad explains: "Sally has a lot of psychological issues that readers will be able to identify with. So often we don't discuss the concept of loneliness and it can often feel like something only the elderly suffer with, which is certainly not the case. You can be surrounded by people all day and still feel alone."

Lost in her own world, the arrival of a guest at the hotel where Sally works begins the challenging process of her opening up to the idea of a human relationship. Every day is a series of short interactions with guests and staff and each provide the basis of a series of short stories, which intertwine over the three days that the book is set. Sally's interactions with the guests increasingly challenge her long-held opinions and self-image. Will John's charm help her across the stepping stones of life and find herself willing to go on a serious date with him?

GALAHAD PORTER was born in the UK, but has subsequently lived and travelled in many different parts of the world. He previously published non-fiction pharmaceutical investment books under the name Andrew D. Porter.



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