



THE MISTRESS

*Escape the despair of
an affair!*

One of the world's most famous ex-mistresses is on a mission to rescue other mistresses from the despair of their affairs. Sarah Symonds, author and self-proclaimed former mistress to Chef Gordon Ramsay and Lord Jeffrey Archer, dishes out her no-nonsense tough love to mistresses looking to escape the trap of an extra-marital affair. Sarah has seen it all before and shares her knowledge and experience to take these ladies on a journey of self-realisation and empowerment, giving viewers a unique glimpse into the lives of often vilified women. At its heart, **The Mistress** is a story of redemption. It's about helping 'the other woman' become 'her own woman' and waking up to the fact that they have the power to turn their lives around. Love is a powerful drug and each mistress will have to dig deep to get the strength to make the necessary changes to achieve happiness. Drawing from her own personal experiences, Sarah will prove that there's rarely a silver lining in an affair and that the woman owes it to herself to end it.

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