

MEDIA RELEASE

For Immediate Release

Award-winning Sydney-based author Elizabeth Lancaster returns with a powerful new memoir about friendship, loss and renewal

As increasing numbers of people live with chronic illness, many are navigating profound shifts in identity. Connection with friends can sometimes slip away. This had been Elizabeth Lancaster's experience as she tried to manage the effects of multiple sclerosis while raising a family. With *Bounty*, Lancaster once again brings insight to the complexities of relationships and identity, offering readers a story of companionship, courage and life opening up in unexpected ways.

About the Author

Originally trained as an occupational therapist, Elizabeth changed direction after attending a writing course in New York City while living there with her young family. Following a diagnosis of multiple sclerosis, writing became both lifeline and vocation. Her debut memoir, *Marzipan and Magnolias*, won the inaugural Finch Memoir Prize. Elizabeth lives in Sydney with her husband.

Critical Praise

★★★★★ “Lancaster captures the daily doubts of living with chronic illness, and the uncertainty as to whether a body can ever be trusted. She also reminds us of what it takes to choose to live in and engage with the world.” Astrid Edwards, Chair of Judges for Stella Prize 2025

★★★★★ “A poignant message about the pervasive effects of a chronic illness, the benefits and risks of standard therapies, the vital importance of connection and the increasingly recognised medical and emotional benefits of companion animals.” Dr. Ross Walker, best-selling author; host of *Healthy Living*, Radio-Nine Network; consultant cardiologist.

Media enquiries, Review Copies, Interview Requests & Press Kit

Elizabeth is available for interviews, guest articles, festival appearances and book club discussions.

Email: elancaster6@gmail.com

Phone: +61439914463

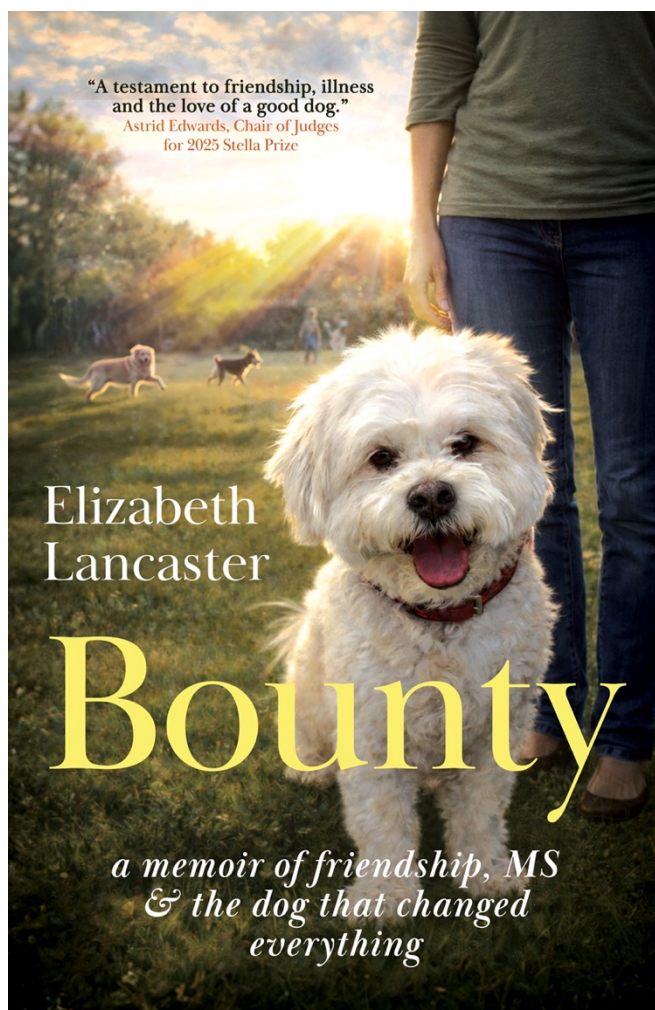
Website: www.elizabethlancaster.com.au

Instagram:

<https://www.instagram.com/elizabethlancasterauthor/?hl=en>

Facebook:

<https://www.facebook.com/elizabethlancasterauthor/>



Title: *Bounty: a memoir of friendship, MS and the dog that changed everything*

Publication Date: May 26, 2026

ISBN: Paperback: 978-3-98832-208-1

eBook: 978-3-98832-207-4

Page Count: 250 pages

Publisher: Vine Leaves Press

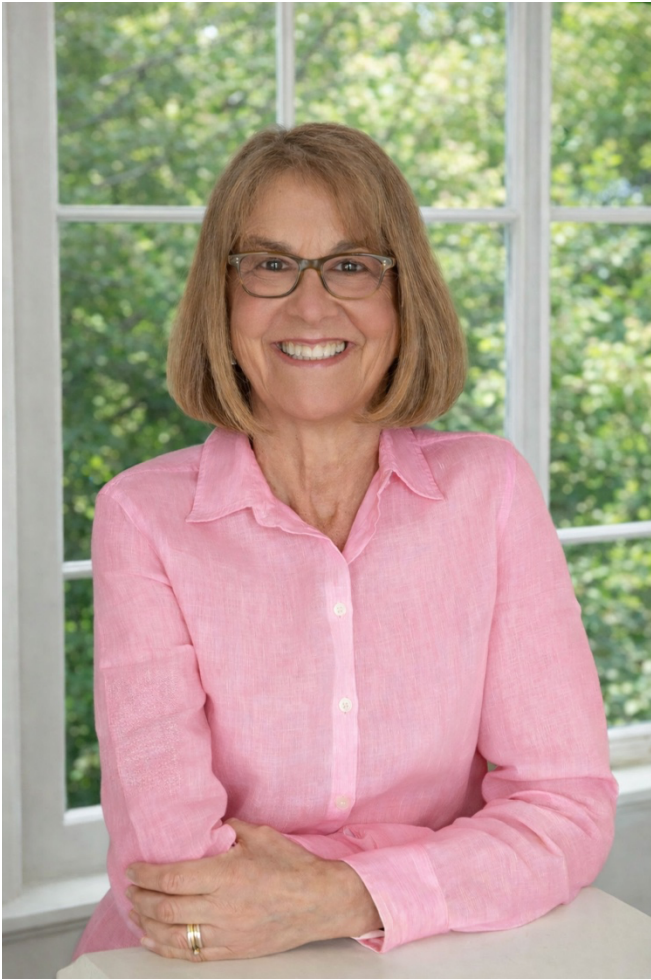
Genre: Memoir/Narrative Nonfiction

Short Description

When Libby's lifelong friend, Emma, persuades her to adopt a strong-willed rescue dog, the intention is simple: help restore Libby's fitness which has declined due to MS. But the unruly Bounty sets off a chain of events neither woman could have foreseen. Bounty steers a reluctant Libby into a hidden dog-park community where she finds her assumptions about disability and belonging are challenged. As Emma reveals her own devastating diagnosis, the equilibrium shifts and roles are reversed. *Bounty* is a story of enduring friendship and of one dog forcing the door open to connection, community and renewal.

“A testament to friendship, illness and the love of a good dog.”

—Astrid Edwards, Chair of Judges, 2025 Stella Prize



Elizabeth Lancaster

Author of *Bounty: a memoir of friendship, MS and the dog that changed everything*