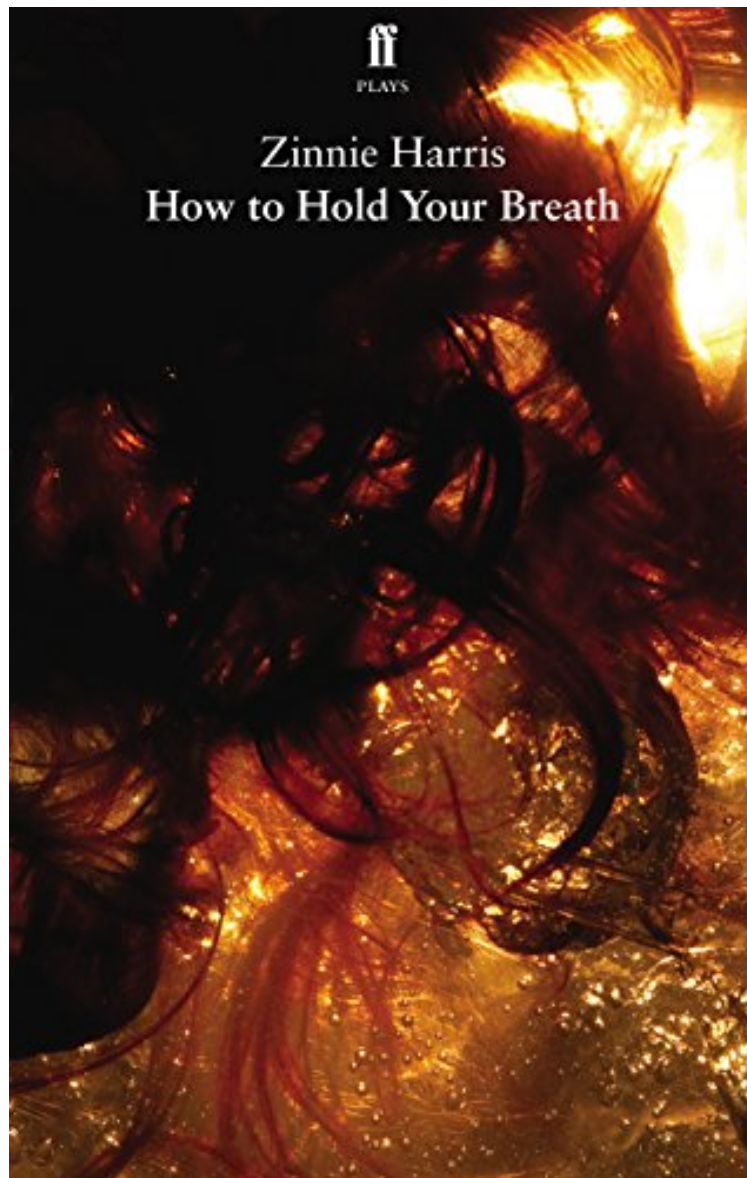


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## How to Hold Your Breath

*Zinnie Harris*

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**Zinnie Harris : How to Hold Your Breath** before purchasing it in order to gauge whether or not it would be worth my time, and all praised How to Hold Your Breath:

Because we live in Europe. Because nothing really bad happens. The worst is a bit of an inconvenience. Perhaps not such a good mini break. But really in the grand scheme of life, not so bad. Starting with a seemingly innocent one night

stand, this dark, witty and magical play by Zinnie Harris dives into our recent European history. An epic look at the true cost of principles and how we live now, *How to Hold Your Breath* premiered at the Royal Court Theatre in February 2015.

About the Author Zinnie Harris's plays include the multi-award-winning *Further than the Furthest Thing*, produced by the National Theatre/Tron Theatre in 2000 (1999 Peggy Ramsay Playwriting Award, 2001 John Whiting Award, Edinburgh Festival Fringe First award); *Nightingale and Chase* (Royal Court Theatre, 2001); *By Many Wounds* (Hampstead Theatre, 1999); and *Silver Whale Fish and Master of the House* (BBC Radio Four). *Solstice*, the first in a trilogy of plays, was staged in 2005 by the RSC, who had already presented *Midwinter* in 2004; the last, *Fall*, was staged at the Traverse, Edinburgh, in 2008. *The Wheel* was staged at the Traverse Theatre by the National Theatre of Scotland and was joint winner of the Amnesty International Freedom of Expression Award 2011. Zinnie Harris has received an Arts Foundation Fellowship for playwriting, and was Writer in Residence at the RSC, 2000-2001.