
Shayne Halliday

AUTHOR MEDIA KIT

Life's a Mess. Laugh Anyway.



Shayne Halliday is an Australian humorist and author of the Hot Messy Self-Help Series, writing for anyone trying to navigate modern adulthood while quietly wondering why everyone else seems to have received instructions. Blending sharp observational humor, emotional honesty, and practical reassurance, she explores the everyday struggles of anxiety, overthinking, work, relationships, money, body image, and finding direction. Her books offer a refreshingly human alternative to polished, prescriptive self-help - less life overhaul, more laughter, perspective, and the comforting realization that most of us are making it up as we go.

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The Hot Messy Self-Help Series

Adulthood comes with plenty of expectations and remarkably few useful instructions. The Hot Messy Self-Help Series explores what happens when everyday life meets people who are doing their best - and occasionally wondering whether they can call in sick to the whole arrangement.

Written by Shayne Halliday, the series combines observational humor, honest reflection, and practical advice on the situations that can leave us overwhelmed, embarrassed, exhausted, or staring blankly into the refrigerator. Its subjects include everyday life skills, overthinking, burnout, procrastination, work, changing friendships, and the emotional obstacle course of weddings, funerals, and family occasions.

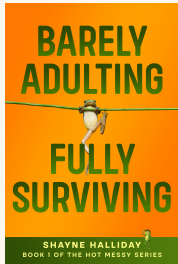
Each book focuses on a different part of adult life, giving readers the freedom to start with whichever subject currently has them muttering under their breath. Together, they share a warm, recognizable voice and an appreciation for how much effort ordinary life can take.

Shayne writes for readers of any age who appreciate useful ideas delivered with personality. Her humor makes room for the difficult parts of life, offering readers a chance to laugh, recognize themselves, and find something they can use when the next complication arrives.

Life's a Mess. Laugh Anyway.



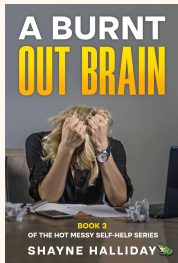
Featured books



Barely Adulting, Fully Surviving

A Life Skills Guide for Chronically Unprepared Young Adults

Adulthood arrives with responsibilities, decisions, and a suspicious assumption that you already know what you're doing. Inspired by Shayne Halliday's granddaughter admitting, "Nan, I don't want to adult," this first book in the Hot Messy Self-Help Series combines practical life-skills guidance with humor and reassurance. Written for young adults finding their feet, it offers a friendly starting point for navigating everyday life when confidence and competence haven't quite caught up with your birthday.



A Burnt Out Brain

The Funny, Honest Guide to Recovering from the Burnout You Didn't See Coming

When keeping everything together has left you struggling to think, rest, or face another request, even deciding where to begin can feel exhausting. Shayne Halliday brings warmth, observational humor, and practical perspective to the experience of burnout. This book helps readers recognize the strain they've been carrying and explore manageable ways to ease the pressure, making room for recovery without turning it into another demanding project.



We Don't Hang Out Anymore

Why Friendships Fade (and Why That's Okay)

Some friendships end with an argument. Others drift into unanswered messages and plans that never quite happen. Shayne Halliday explores the quieter changes in friendship: the distance, uncertainty, and sadness that can emerge as lives move in different directions. With humor and compassion, this book offers perspective on changing connections, letting go, and making room for the relationships that fit who you are now.

Author biographies

Short biography

Shayne Halliday is an Australian humorist and author of the Hot Messy Self-Help Series. Blending sharp observational humor, emotional honesty, and practical reassurance, she writes for anyone trying to navigate modern adulthood while wondering why everyone else seems to have received instructions. Her refreshingly human books explore life's everyday anxieties, awkward moments, and inevitable chaos - offering readers less polished perfection and more laughter, perspective, and reassurance that most of us are making it up as we go.

Medium biography

Shayne Halliday is an Australian humorist and author of the Hot Messy Self-Help Series. Blending sharp observational humor, emotional honesty, and practical reassurance, she writes for anyone trying to navigate modern adulthood while wondering why everyone else seems to have received instructions.

Storytelling was part of Shayne's life long before she became an author. Raised within Australia's traveling circus and entertainment community, she grew up surrounded by performers, musicians, rodeo families, and larger-than-life personalities. Agricultural shows were a major influence on her childhood. Some of her most treasured memories are of sitting around campfires at those shows while entertainers including Slim Dusty, Reg Lindsay, Chad Morgan, and the LeGarde Twins brought their experiences to life through stories of days gone by.

Shayne went on to become a circus schoolteacher, aerialist, high-wire performer, business owner, event coordinator, trainer, and team leader - experiences that gave her an enduring appreciation for people, resilience, and the humor hidden inside everyday chaos.

Her books offer a refreshingly human alternative to polished, prescriptive self-help: less life overhaul, more laughter, perspective, and the comforting realization that most of us are making it up as we go.



Full author biography

Shayne Halliday is an Australian humorist and author of the Hot Messy Self-Help Series. Blending sharp observational humor, emotional honesty, and practical reassurance, she writes for anyone trying to navigate modern adulthood while quietly wondering why everyone else seems to have received instructions.

Storytelling was part of Shayne's world long before she became an author. Raised within Australia's traveling circus and entertainment community, she grew up surrounded by performers, musicians, rodeo families, and larger-than-life personalities. Her childhood was spent moving from town to town, attending different schools and discovering that every community - and every person within it - had a story worth hearing.

Agricultural shows were a major influence on Shayne's childhood. Some of her most treasured memories are of sitting around campfires at those shows as a little girl while entertainers including Slim Dusty, Reg Lindsay, Chad Morgan, the LeGarde Twins, and others brought days gone by to life through their stories. Those evenings taught her that the best storytelling does more than entertain: it makes people laugh, brings them together, and transforms the confusion and chaos of real life into something worth sharing.

Shayne's own life has provided no shortage of material. As a teenager, she gave educational talks with reptiles and became a circus schoolteacher at seventeen. She later performed as an aerialist and on the high wire, met her husband, Wayne, while working in the circus, and became part of a partnership shaped by a shared performing heritage and an appetite for adventure.

Together, Shayne and Wayne raised three children while traveling, working, building businesses, and creating a life that rarely followed a conventional script. Their adventures included taking a circus aboard a converted fishing trawler to remote communities in the Northern Territory. Over the years, Shayne also worked in event coordination, helped steer the Bendigo Easter Fair through a difficult financial period, operated catering and coffee-cart businesses with Wayne, and helped develop the Cruise Port Wizard travel app.

Across all these experiences, one belief remained constant: interesting stories are not reserved for the rich, famous, or extraordinary. Whether sharing space with celebrated entertainers or sitting beside someone whose only possessions were those they could carry, Shayne learned that everyone has a story - and that every one of those stories can reveal something funny, moving, or unexpectedly familiar about being human.

In 2020, life changed direction once again. The COVID-19 pandemic brought Shayne and Wayne's business to a standstill while Wayne was also facing a serious heart condition that would eventually require double-bypass surgery. With no way of knowing how long the disruption would last, Shayne applied for what was intended to be a six-month position as a Drive Tester with VicRoads.

That temporary role became a five-year career. After starting in June 2020, Shayne expanded her knowledge across vehicle registration and driver licensing before training to become a Drive Test Trainer herself. Preparing the next generation of Drive Testers became one of the most rewarding parts of her work. She later served for nine months as an Acting Team Leader, gaining a broader understanding of the organization and discovering that, after a lifetime spent in circuses, entertainment, events, and family businesses, she could also thrive in what she jokingly called the "real world."

Full author biography · continued

The role brought Shayne lasting friendships and strengthened qualities that had guided her throughout her life: listening to people, helping them through unfamiliar situations, finding humor under pressure, and creating a sense of connection wherever she happened to be.

While she was still at VicRoads, a family conversation quietly planted the seed for her next chapter. On the day before her granddaughter's eighteenth birthday in November 2024, the young woman tearfully confessed, "Nan, I don't want to adult." She wasn't joking.

The words stayed with Shayne. They expressed something she recognized in people of every age: adulthood can feel confusing, overwhelming, and suspiciously short on instructions. The thought continued rumbling around in her mind until, during 2025, she began turning it into something meaningful.

Shayne retired from VicRoads at the end of July 2025. She and Wayne sold their home, bought their motorhome, Big Bob, welcomed a Jack Russell puppy named Cookie into the family, and returned to traveling Australia's highways and byways. With the time and freedom to concentrate on writing, Shayne transformed her granddaughter's deeply honest words into the inspiration for the Hot Messy Self-Help Series.

Drawing on a lifetime of unconventional experiences, memorable people, unexpected detours, and plans that did not always behave themselves, Shayne writes books that find the humor and humanity in trying to hold life together. Her work offers a refreshingly human alternative to polished, prescriptive self-help - less life overhaul, more laughter, perspective, and the comforting realization that most of us are making it up as we go.



Interview and podcast topics

Why adulthood still feels like guesswork

The conversation with Shayne's granddaughter that sparked the Hot Messy Self-Help Series, and why "I don't want to adult" resonates well beyond eighteen.

Finding humor when life gets difficult

How Shayne approaches subjects such as burnout, overthinking, and fading friendships with warmth and humor, while respecting what makes them difficult.

Agricultural shows, campfire stories, and a life on the high wire

How agricultural shows shaped Shayne's childhood, including sitting around campfires with entertainers such as Chad Morgan, the LeGarde Twins, and Slim Dusty. A conversation about the people and stories that influenced her, her years in the traveling circus community, and her journey from aerialist and high-wire performer to author.

Starting a new chapter after retirement

Moving from a varied working life into writing, returning to the road with Wayne and Cookie, and making room for a creative ambition.

Ordinary life is excellent writing material

How awkward encounters, workplace experiences, family conversations, and plans gone sideways become ideas readers recognize.

When mirrors and cameras get personal

The everyday experiences behind Mirrors, Cameras, and Other Personal Attacks, Shayne's forthcoming book about body image, beauty standards, and the internet.

Writing useful books with personality

How Shayne combines practical ideas with observational humor, and what she wants readers to take away from the Hot Messy Series.

Suggested interview questions

1. Your granddaughter told you, “Nan, I don’t want to adult.” How did that conversation become the beginning of the Hot Messy Self-Help Series?
2. You write for people of any age who are trying to navigate adult life. What do you think we keep finding difficult, even after years of practice?
3. Agricultural shows were a big part of your childhood. What was it like sitting around campfires with entertainers such as Chad Morgan, the LeGarde Twins, and Slim Dusty?
4. What did those evenings teach you about telling a story - and keeping people listening?
5. You’ve been a circus schoolteacher, aerialist, high-wire performer, business owner, and Drive Test Trainer. Which experiences turn up most often in your writing?
6. Your books explore subjects including burnout, overthinking, and changing friendships. How do you find the humor while giving the difficult parts the attention they deserve?
7. What makes you think, “There’s a book in that”? Does it usually begin with something that happens to you, a conversation, or an observation?
8. What do you want readers to find in your books when they’re already overwhelmed and another list of things to improve feels like the last thing they need?
9. Retirement brought a motorhome, a Jack Russell puppy, and a new writing chapter. How have life on the road with Wayne and Cookie - and the occasional travel disaster - influenced your work?
10. Your forthcoming book, *Mirrors, Cameras, and Other Personal Attacks*, explores body image, beauty standards, and the internet. What made you want to tackle that subject?
11. Has writing these books changed how you respond when your own plans go sideways?
12. Your tagline is “Life’s a Mess. Laugh Anyway.” What does that mean to you on a day when laughing takes a little more effort?

Speaking themes

Adulthood Without an Instruction Manual

Inspired by her granddaughter's heartfelt confession, "Nan, I don't want to adult," Shayne explores why growing older doesn't automatically mean feeling prepared. Drawing on the Hot Messy Self-Help Series and her own varied life, she brings warmth, humor, and practical perspective to everyday expectations, overthinking, and the effort of keeping things together. A relatable conversation for anyone who suspects everyone else received instructions they somehow missed.

A Life Worth Telling

Shayne's childhood included agricultural shows and campfire evenings listening to entertainers such as Chad Morgan, the LeGarde Twins, and Slim Dusty. Those early experiences began a lifelong appreciation for stories and the people who carry them. Drawing on her years in the traveling circus community and a working life filled with memorable encounters, she explores how listening, curiosity, and a well-told story can connect people across very different backgrounds.

Starting Another Chapter

After a lifetime of performing, raising a family, running businesses, and working at VicRoads, Shayne retired, moved into a motorhome with her husband, Wayne, and their Jack Russell, Cookie, and made room for writing. She shares how a family conversation grew into a book series, and what it means to begin something new while drawing on everything that came before. A warm, candid talk about creative ambition, changing direction, and discovering that retirement can generate a surprisingly busy to-do list.

Finding the Funny in Everyday Life

An awkward conversation, an uncooperative photograph, or a travel plan that ends beside a damaged tire can all become storytelling material. Shayne explores how she finds observational humor in ordinary experiences and uses it to approach subjects readers recognize. With examples from her life and writing, she considers timing, perspective, and how to give difficult experiences room to breathe while finding the moments that make us laugh.

Reader voices and media contact

Barely Adulting, Fully Surviving

“If you’re tired of advice that talks down to you instead of talking with you, this book will feel like a safe, zero-judgment reality check.”

Summer McDougall - Amazon review, January 19, 2026

A Burnt Out Brain

“where this book really shines is its empathetic voice. I felt seen with this book in a way I didn’t with the other.”

Jorja Huntsman - Amazon review, January 16, 2026

We Don’t Hang Out Anymore

“It put into words things that I felt but had never stopped long enough to put into words.”

ILoveBooks!2024 - Amazon review, September 5, 2026

Shayne Halliday welcomes inquiries from podcast hosts, journalists, book reviewers, event organizers, and potential collaborators.

From agricultural-show campfires and life on the high wire to the everyday chaos behind the Hot Messy Self-Help Series, Shayne brings a storyteller’s eye, warmth, and observational humor to conversations about adulthood, changing relationships, creative beginnings, and finding something worth laughing about when plans go sideways.

To discuss an interview, book review, speaking opportunity, or collaboration, please get in touch through the contact details below.

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Amazon series: <https://www.amazon.com/dp/B0G5GBV81K>

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Facebook: <https://www.facebook.com/profile.php?id=61583292034511>

Instagram: <https://www.instagram.com/shaynehallidayauthor/>

Downloadable photographs and book covers

Approved author portrait

Barely Adulting, Fully Surviving cover

A Burnt Out Brain cover

We Don’t Hang Out Anymore cover