

Gail Rice

Writer | Psychologist | Speaker

*Exploring the stories we inherit —
and how we reclaim our voice and restory our lives.*



BREE BAIN PHOTOGRAPHY 2025

Selected Media

Writing

- The Times (UK)
- Huff Post. (US)
- Oldster Magazine (US)
- Sydney Morning Herald (Australia)

Podcast

- The New York Times Modern Love Podcast (US)
- ABC Ladies, We Need To Talk (Australia)
- Late Bloomers (US)

Broadcast

- CBC Radio - Now or Never
- Ireland AM (TV) (Ireland)
- Moncrieff (Radio) (Ireland)

Forthcoming (2026)

- *More Than a MILF: Sex and the Ageing Female Body*
— Anthology (Canada), September 2026

About Gail Rice

Gail Rice is a Canadian born writer and psychologist based in Sydney whose essays explore voice, reinvention and the emotional stories we inherit. Her work has reached an international audience through podcasts, interviews and publications including The Times (UK) and Oldster Magazine (US).

Her essay "For My 70th Birthday I Hired an Escort" was cited in a New York Times Styles interview with Oldster editor Sari Botton as the magazine's most popular essay among readers.

Her work will appear in the forthcoming Canadian anthology *More Than a MILF: Sex and the Ageing Female Body* (September 2026),

She is currently writing a memoir exploring the emotional legacies we inherit and how we restory our lives.

Contact & Links

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Stories That Connect Us — Live and On Stage

Gail speaks and writes about the stories that shape who we become —messy, beautiful and ever-changing — and how we can restory them at any age.

Speaking Themes

- **Reinvention** and courage in later life
- **Desire**, ageing and visibility
- **Finding voice** and agency beyond silence
- How shame, story and self-compassion intertwine
- What it means to live beyond roles, expectations and fear

Whether on stage or in conversation, Gail brings curiosity, honesty and warmth — inviting audiences to think, laugh and see their own stories differently.



ISABELLA MOORE FOR THE TIMES MAGAZINE 2025



Brave Words Live at Gosford

Recent & Upcoming Talks & Performances

Words in Winter — Writers Panel, Maryborough, Victoria (Australia) May 30 2025

Menopause is Not a Use-By Date — Writers panel, Sydney, NSW (Australia) November 1 2025

Brave Words Live — Live storytelling performance, Gosford, NSW (Australia), audience of 200, 22 February 2026

Pearl Clutcher Club — Cabaret, Sydney, NSW (Australia) June 5 2026

Gail is available for interviews, panels and festivals.

LET'S TALK

Contact : gailricewrites@gmail.com

The Story Behind the Stories

Writer. Psychologist. Restorying Her Own Life

Gail Rice is a Canadian-born writer and psychologist based in Sydney who has lived in Australia for over forty years — an accidental Australian. Her work explores the stories we carry — and how restorying them can reshape our lives.

For decades, she listened to other people's stories until she realised it was time to tell her own. A lifelong explorer, she brings humour, vulnerability and courage to the conversations she sparks — about visibility, late-life desire, and the freedom of change. After years behind the calm authority of the therapist, she has stepped forward to live and write more openly — daring to be fully herself, both in her work and in the world.

What began as a private essay about ageing and the fear of becoming invisible unexpectedly ignited public conversations around the world. To her surprise, that story — written out of uncertainty — became a turning point: proof that when we dare to speak the unsaid, we are seen more clearly than ever.

She is currently writing her memoir — reclaiming and restorying her own story.

When she isn't writing or speaking, she's often at a café by the sea or on a busy street, laptop open, watching life unfold — still restorying her own life, grateful to be part of the conversation.

*Restorying isn't about
becoming someone new
— it's about discovering
who we are,
and allowing others
to see us.*



ISABELLA MOORE FOR THE TIMES MAGAZINE 2025