

# Edinburgh Festival Fringe 2017 – Self Helpless!



Sandra Hale is a self-help guru like no other. In fact, she's no guru at all. In her first solo comedy show, SELF-HELPLESS! Sandra will help you rid yourself of your moral compass with no conscience, very little guilt and absolutely no responsibility.

This helpless, self-help guru has almost 50 years experience in the entertainment industry and knows how to grab an audience by the pussy-cat tail. With two ex-husbands (it was all their fault) and two beautiful children (that was all her), she's got plenty of advice to give – and a few things to get off her chest.

A recovering actress, Sandra has put herself in front of people in the hope that they found her cute and funny since birth. Incredibly, it wasn't until 2013 that she tried out stand-up comedy. Now she's ready to make her Edinburgh Festival Fringe debut with a show highlighting her helpless self-help formula for getting attention, success, and people to like you...

Sandra also has a book coming out under the same name, SELF-HELPLESS!, just in case you want her advice, anecdotes, and sharp wit in a more portable form, but can't afford to have her follow you around.

Self-Helpless is at Just the Tonic at The Caves, 3-4, 5-13, 15-26 August. Tickets [here](#).