

Duncan Gammie

THE SOBER SOMMELIER

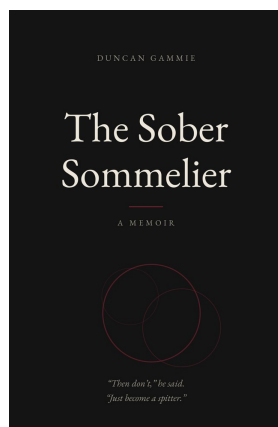
PRESS KIT

A software engineer with a certified palate who has not swallowed a mouthful of wine in six years, and who tells nobody to give up wine.



Expo del Chianti Classico, Tuscany, 2026

THE BOOK



Title	The Sober Sommelier
Genre	Memoir
Author	Duncan Gammie
Formats	Paperback and Kindle
Extent	206 pages, 5.5 x 8.5 in
Published	to be confirmed
ISBN	to be confirmed

Review copies available on request.

BIOGRAPHY

Duncan Gammie grew up on a council estate in Hitchin, Hertfordshire, and left at eighteen on the morning after his mother died. A vineyard owner in Wales refused to give him a job and explained a scholarship instead, and he arrived at the University of Southern California at nineteen as a Trustee Scholar, reading computer science. He spent his summers on crush pads on California's central coast and has written software for a living ever since. He stopped drinking on the fifth of May, 2020, at twenty-five, and did not leave wine: he certified at the Napa Valley Wine School and still tastes regularly, spitting every mouthful. The Sober Sommelier is his first book. He lives in New York.

FAST FACTS

- Certified sommelier, trained at the Napa Valley Wine School
- Trustee Scholar at USC, reading computer science, on a full academic scholarship
- Has not had a drink since 5 May 2020, and still tastes wine every week
- Spits every mouthful, which is the practice the book is named for
- Thirty-one. From Hitchin, Hertfordshire. Lives in New York.
- Will do the blind tasting live on air, with a bottle you bag yourself

SEGMENT IDEAS

Taste the host He identifies a wine blind on air, or the presenter tries and he talks them through it. Fast, visual, real jeopardy.

The cheap bottle test Two glasses, one eight pounds and one eighty. Can anyone tell? He can, and he explains how in forty seconds.

How to spit Genuinely teachable on camera in under a minute, and funnier than it sounds. The hook of the book.

Dry January / Sober October The counter-intuitive guest: the sober expert who thinks telling people to quit is the reason most of them fail.

The other job Getting sober at twenty-five with a demanding career and no industry to blame. Most people who stop are doing it exactly like this.

SUGGESTED QUESTIONS

- You write software for a living and taste wine on your holidays. Which one is the real job?
- What do you say to someone who loves wine and has started to worry about how much of it they are getting through?
- The book is unkind about the wine trade. Will you get away with that, working in it?
- What is the most overrated bottle on a supermarket shelf, and what should people buy instead?