



Time and Time Again: Notes from an Anxious Life

Adrienne McGill

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Living with an anxiety disorder ain't no fun. But you do get to ponder the deep existential questions – are your family crazier than you are? Is it ever a good idea to use a ginger cocker spaniel with ADD as a social prop? Is it normal to be angry when your best friend answers her mobile in front of you for the fifth time?

Time and Time Again: Notes from an Anxious Life offers caustic and original musings on aspects of modern life seen through the lens of an anxiety sufferer. From internet dating and body image to avoiding a nervous collapse when your computer breaks down, Adrienne shows you how to relish everyday experiences and find the meaning in seemingly unimportant moments. It's about dealing with the complexities of modern life with humour, verve and only the occasional hissy fit.

Featuring Adrienne's acclaimed piece on birthday depression, and great tips for handling it.

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