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Written \u0026 read by

Eleanor Morgan

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live with anxiety
disorders and those who
live with them by proxy.
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Combining her own

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experiences (rendered in emotive detail) with extensive research from experts (neuroscientists, psychiatrists, psychologists and fellow sufferers – including Matt Haig, Jon Ronson and other familiar faces), Eleanor Morgan explores not just the roots of her own anxiety, but also investigates what might

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many suffering around
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disorders, a condition
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as a guide for those who
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disorders and those who
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Anxiety For Beginners is
written by Eleanor
Morgan who has been
dealing with anxiety

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since she was a teenager. The book covers quite a vast array of topics relating to anxiety; the aetiology, the treatment, the reality of living with anxiety and also how anxiety will manifest in the future and how it will be treated.

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by Eleanor ...

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A guide for those who live with anxiety and those who live with it by proxy. Combining Eleanor Morgan's own experiences (rendered in emotive detail) with extensive research with experts (neurologists, psychiatrists, geneticists and fellow sufferers - many of them very

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discovers that the way in
which people create a
life is not just
manageable but
enjoyable, learning to ...

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enjoyable by learning to
accept anxiety rather
than spending their lives
fighting ...

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