



THE FEAR TALKING

CHRIS WESTOBY

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YA Memoir, Mental Health, Teenage Anxiety
Also available in eBook and audiobook formats

A self-help memoir that takes an unflinching look at a young man's anxiety disorder and OCD

"This is writing at its most fearless."

- Matt Bright, Everybody's Reviewing

Chris Westoby takes us inside his past self, a teenager from a small English town. He's trying to be a good friend, student, son and boyfriend, but he struggles to be in company without wanting to hide. And things only get worse: it's nearly impossible to take the bus to college without catching the next bus home. His obsessive germaphobia begins to destroy his life. How can one boy overcome all this? Chris offers an unflinching, raw account of his troubles and offers what he's learnt.

This book offers an outstretched hand to those fighting these same battles, or to anyone who's watching someone else go through the same. *The Fear Talking* does not promise to solve your problems, but it shows you that you're not alone. That's all Chris ever wanted, really; to unflinchingly capture the warmth and darkness of the teenage years.

Praise for *The Fear Talking*

"Westoby gives a voice to teenagers unable to cope with everyday life...this is an essential read."

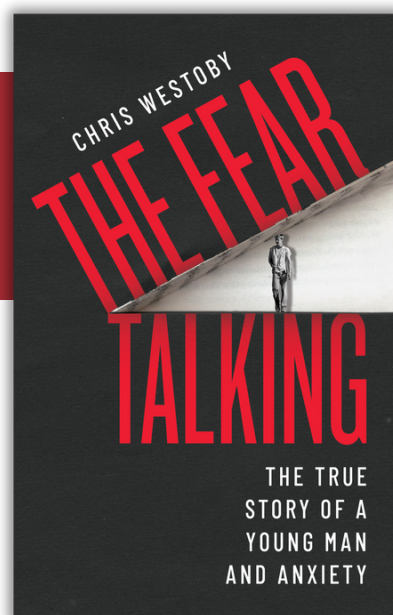
- Paul Taylor-McCartney, Writers in Education

"Anxiety is the most common form of mental distress and of course overlaps with normal human emotion. Yet it can be overwhelming and disabling and a gateway to other mental ill health notably depression and self-medication with alcohol and other substances. This engaging account throws a spotlight on how anxiety impacts on everyday life and relationships."

- Paul McGorry, Professor of Youth Mental Health, University of Melbourne

Key Points

- The remarkable true story of Chris Westoby and how he managed to find the causes of his undiagnosed Generalized Anxiety disorder and help himself overcome it to change his life.
- Will appeal to readers of Matt Haig and Philippa Perry's *The Book You Wish Your Parents Had Read*.
- An honest, heart-breaking account of how generalized anxiety disorder affected Chris, his family and everyone around him, yet went undiagnosed.



About the Author

Chris Westoby obtained a BA in English and Creative Writing, an MA in Creative Writing, and a PhD in Creative Writing at the University of Hull, where he is now Programme Director of the Hull Online Creative Writing MA. He lectures in Creative Writing, guest lectures in subjects of mental health, teaches reflective writing to Mental Health Nursing Students, and runs cross-faculty writing workshops. He works in research, collecting the stories of others.

Chris was born and raised in Barton, on the Lincolnshire side of the Humber, where he still lives. He writes short speculative fiction as well as autofiction that focuses on mental wellbeing.

