



My Anxiety and Me

Peter Fry

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At the age of 20, Peter's world collapsed when he suffered his first panic attack. Unknown to him at the time, this attack signalled the emergence of a social anxiety disorder -coloured by generalised anxiety and seasoned with panic disorder - that would lead him to hell and back. This is a true story of how he hurtled head first into a mental crisis, triumphed over his illness and how he set himself free. Peter's story offers hope and inspiration to those suffer from social anxiety, generalised anxiety and panic disorder.

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