

Book Title - Oops! My Anxiety is Showing! ISBN - 978-1-9194631-5-5

Available Formats - Paperback and PDF Download. Pricing - £6.99-£7.99 and £2.99

Available From - Ingram via Lightning Source (paperback only), [thinkersguild.co.uk/shop](http://thinkersguild.co.uk/shop) (author's website) and Google Books (digital only)

Description -

“Oops! My Anxiety is Showing!” is a funny, honest, and relatable collection of real-life moments from the anxious brain.

Packed with candid anecdotes, laugh-out-loud observations, and the kind of humour only the neurodiverse can truly master, this book shines a light on what anxiety really feels like... from sweaty-palmed school moments and Subway-order panic, to naming your panic attacks and imagining your problems as angry animals!

A perfect gift for:

Anxious teens and adults

Neurodivergent readers

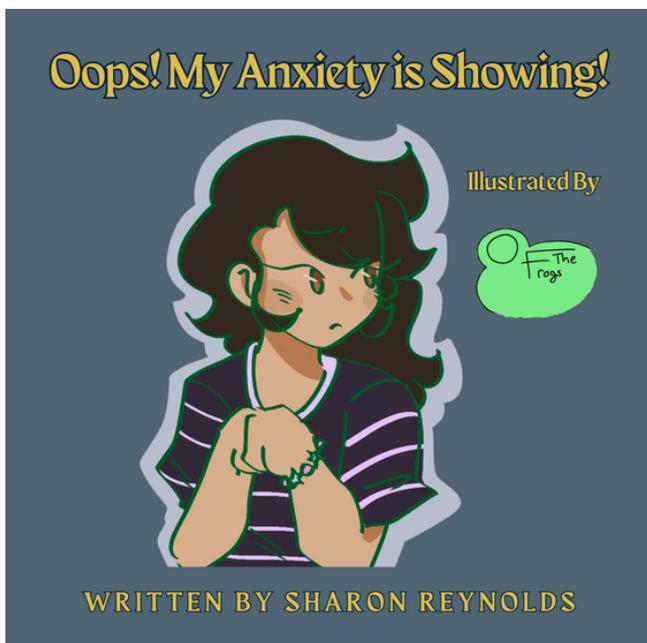
Therapists and counsellors

Friends needing a pick-me-up

Anyone who copes with life using humour”

USP - Written by a solo mum with autistic children, illustrated by one of her home-educated autistic daughters, printed using a dyslexia friendly font, child-friendly, talking about disabilities with a lighter tone of voice, no shame and a little humour.

Ordering Information - Ingram via Lightning Source, direct from author or Google Books



[Sample Pages](#)

