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Breaking Mad is a therapist in your pocket - no mumbo jumbo or expensive one-on-one sessions here. Instead this is a friendly guide to help you through the worst times, written by someone who has been there and got the T-shirt and now works as a therapist herself.

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In her first book, 'Breaking Mad: The Insider's Guide to Conquering Anxiety', Anna bravely shares her own story on mental health and how she came to be diagnosed, eventually, with general anxiety disorder.

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'Breaking Mad: The Insider's Guide to Conquering Anxiety' is Anna Williamson's first book, written with Dr. Reetta Newell. Anna draws on her own experience of being diagnosed with general anxiety disorder, and shares expert guidance and coping mechanisms to help you deal with your own anxiety.

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