



Scott King
Anxiety & Depression

Program
 Hapax Series

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An unusual self-help manual

"I suggest you burn this copy of 'Anxiety & Depression.' I believe it is a dangerous and revelatory book, this fuck-you manual for the terminally deranged, that describes, in some unflinching detail, to many of us, the way we live now. You see those people, making their shameful early morning pilgrimages to the corner shop, rolling around in dog shit in the cemetery grass, or furtively jiggling the pub doors at ten thirty in the morning. These are their stories. They are lonely, depressed, and need a drink. After reading about them, so do I."

—David L Hayles, author of "The Suicide Kit"

Third printing.