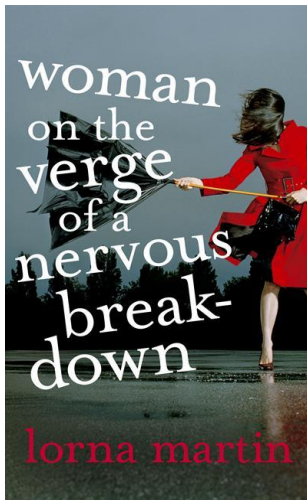




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**WOMAN ON THE VERGE OF A
NERVOUS BREAKDOWN**
by **Lorna Martin**

John Murray (Publishers) . 18th September 2008 . £6.99

'Bridget Jones with knobs on' – Sun

'Hilarious and wickedly moreish' – Guardian

'Enthralling' - Observer

On the surface, there was nothing really wrong with **Lorna Martin**'s life. Underneath, there was nothing really right with it. She had a great job, great friends, and perfect health. Yet, like so many of today's thirty-something women, she was depressed and anxious, and could not understand why. Although a major therapy sceptic, she decided on the eve of her 35th birthday, and after too many G&Ts, too many tears, too much Prozac, and too many screwed-up relationships, that it was time for action.

What follows is a warm, laugh-out-loud funny, and intimate account of a year spent in psychotherapy.

'This humorous account of Martin's early midlife crisis will resonate with any professional thirtysomething who suddenly realises that they don't have a partner, kids or a mortgage' — Glamour

'Well-paced, fluent and compelling writing. Witty and able to laugh at herself, [Martin] is good company for the book's three hundred pages' – The List

'A good, girly read ... A thought-provoking commentary on modern expectations' — Daily Telegraph

'Martin ... is a brave and engagingly entertaining survivor' — Financial Times

Woman on the Verge of a Nervous Breakdown is for women who love the idea of being in love, but who struggle with the reality. It is for those who want to know why they keep repeating self-destructive patterns in relationships, why they feel inhibited in work or in life generally and why, even though their lives on the surface appear perfect, they don't feel happy, content or fulfilled. It demonstrates the benefits of investing in our emotional health, instead of repressing our feelings, and of learning to communicate more openly and honestly.

Lorna Martin is an award-winning journalist working most recently for *The Observer*. She also wrote a weekly column, 'Conversations With My Therapist' in *Grazia*. She lives in Glasgow.

**For further information or to arrange an interview please contact
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