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Walking on Custard & the Meaning of Life: A Guide for Anxious Humans

Neil Hughes

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Do you want to feel less anxious, be more peaceful, and laugh - a lot?

Occasional comedian and full-time worrier Neil Hughes isn't the kind of person you'd expect to write a helpful book.

He's an idiot.

Or, at least, so his Inner Critic is constantly telling him. No wonder he's anxious!

But somehow, during his nervous bumbling through life, he learned to live with anxiety and to manage the unhelpful mental habits he'd picked up along the way.

Oh... and he stumbled on the Meaning of Life, too.

Now he's sharing hilarious real-life stories, inventive fantasy fiction and badly-drawn graphs to help you to be less anxious and more happy.

In this compelling, surprising and delightful guide to life for humans, Neil explores the roots of anxiety and how to (gently) uproot them, all while battling the irritating interruptions from his doubtful Inner Critic.

Then - after handling love, crises, relationships, purpose, and contentment - he even makes time to consider how we can solve death and the Meaning of Life itself.

Whether you're pitying Neil's hapless attempts to navigate the real world, or joining him on imaginary adventures to outer space or magical shops, you'll discover deep insights into anxiety, new techniques to live more happily, and plenty of laughs along the way.

And, somehow, it turns out everything can be explained using custard...

NOT PRAISE FOR NEIL HUGHES

"It's not bad, I suppose" - Neil's Mum

"Neil has a pleasing use of commas" - Anonymous

"it is a book" - Isla McLoughlin, aged 2-and-a-half

SOME PRAISE FOR NEIL HUGHES

"To merely call it a self-help book would be a complete disservice to the author. Part biography, part guide, and part Brother's Grimm Fairy Tales of the Strange... if only I had read this growing up then I might not

have felt so alone." - Claire Eastham, weallmadhere.com

"A brave book and a noble one because, really, what better thing can a person do with their own suffering than to use it to try and help others. It's on my read-this-again shelf." - Nathan Filer, author of The Shock of the Fall

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From reader reviews:

Shelia Coggins:

Have you spare time for a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent all their spare time to take a stroll, shopping, or went to the particular Mall. How about open or even read a book entitled Walking on Custard & the Meaning of Life: A Guide for Anxious Humans? Maybe it is to become best activity for you. You recognize beside you can spend your time using your favorite's book, you can cleverer than before. Do you agree with its opinion or you have other opinion?

Roger Waldrop:

Information is provisions for those to get better life, information these days can get by anyone from everywhere. The information can be a expertise or any news even a huge concern. What people must be consider when those information which is in the former life are challenging be find than now could be taking seriously which one works to believe or which one the actual resource are convinced. If you receive the unstable resource then you understand it as your main information there will be huge disadvantage for you. All those possibilities will not happen within you if you take Walking on Custard & the Meaning of Life: A Guide for Anxious Humans as the daily resource information.

Fred Garza:

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Jesse Hooker:

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