

That Was When People Started to Worry

author: Nancy Tucker

2026-06

Synopsis

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“In the waiting room, I see a lot of people who I could tell had real, serious Problems. They deserve to be here. I don’t. I’m a fraud. A lazy wreck seeking an excuse for her incompetence. I’m useless.” (Abby, 24)

Having conducted over 100 hours of interviews with 60 British women aged 16-25, Nancy Tucker - the author of *The Time In Between*, an “astonishingly good” (*Sunday Times*) memoir of a life consumed by eating disorders “explores what it’s like to suffer from serious mental illness as a young woman.

With raw honesty, sensitivity and humour, *That Was When People Started to Worry* examines real experiences of anxiety, self-harm, borderline personality disorder, OCD, binge eating disorder, PTSD and dissociative identity disorder. Giving a voice to those like Abby who can’t speak out themselves, Tucker presents a unique window into the day-to-day trials of living with an unwell mind.

Reader's comments

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