



Neil Hughes is a comedian, writer, physicist and - most of all - a worrier.

Putting all these things together, he wrote 'Walking on Custard & the Meaning of Life', a comedy guidebook for life with anxiety, and his short talk linking anxiety with the physics of custard has been viewed over 60,000 times.

He can be found at www.walkingoncustard.com or @enhughesiasm on Twitter, and is always pleased when somebody says hello.