

**CAUSE AND EFFECT OF THE PROTAGONIST'S  
ANXIETY DISORDER IN SOPHIE KINSELLA'S  
*FINDING AUDREY***

**A THESIS**

**BY:**

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## **APPENDIXES**

### **1. Biography of the Author**

Madeleine Sophie Wickham was born on 12 December 1969 also known by the pen name Sophie Kinsella is a writer who comes from the United Kingdom that created the novel series. The novel's most famous creation results are Shopaholic, The Secret Dream World of Shopaholic and Shopaholic Abroad. The novel was adapted into a movie that has a different title that is Confessions of A Shopaholic in 2009. Novels created by Sophie Kinsella have been translated into 30 languages. Sophie Kinsella is the eldest daughter of David R. and Patricia B.

Sophie Kinsella lives in London with her husband, Henry Wickham. She has four sons and a daughter. Sophie Kinsella was educated at Putney High school, St Mary's School and College, Oxford. Where initially she studied music, but after a year she switched to Politics, Philosophy and Economics (PPE) before turning to Fiction. Sophie Kinsella worked initially as a journalist. She wrote her first novel while she was still working as a finance journalist. Here are some of the novels have been published by Sophie Kinsella, Shopaholic Series: The Undomestic Goddess, May Not So Perfect Life, Finding Audrey and many more other.

### **2. Summary of the Novel Finding Audrey**

Sophie Kinsella's Finding Audrey tells the story of fourteen-year-old Audrey Turner who is coming to grips with a traumatic experience in her life which has

resulted in a slew of mental health-related consequences, such as depression, generalized anxiety disorder, and social anxiety disorder.

A teenage girl in high school, bullying is no foreign concept to Audrey. However, when things start to escalate and the same group of girls continuously bullies her in school, it begins to cause her considerable stress and impact upon her quality of life. Because of her anxiety disorder, Audrey is mandated to attend weekly therapy sessions with her psychologist, Dr. Sarah.

Dr. Sarah coaches Audrey through some of the stages of her anxiety and attempts to get her to start making eye contact with other people. Audrey communicates to her therapist that she feels frustrated at her lack of progress and that she feels she will never be well enough to lead a normal life. Dr. Sarah challenges Audrey to create a film about her family, with the intention to eventually start interviewing people. Dr. Sarah believes it might be easier for Audrey to make eye contact with people through the camera lens.

Things are going well until Audrey, deciding that she no longer needs to take her medication, stops abruptly. She keeps this a secret, along with her plan to meet a former tormentor against the wishes of her parents. When Linus hears about her plan to meet the bully, he agrees with her parents, voicing his concern that it could stir up emotions and lead to a setback.

In spite of all of the advice she receives, Audrey decides to follow her own desire, sneaking off to visit her former classmate. Her parents and Linus were right — seeing her former tormentor triggers symptoms of her mental illnesses, including an

anxiety attack. In an attempt to soothe herself, Audrey takes a walk to the park where she falls asleep.

The experience teaches Audrey some valuable lessons. First, she realizes that recovery is not a linear process and that she needs to take her time and be gentle with herself. Setbacks are a normal part of the recovery process. She also realizes the importance of taking her medication as instructed and never stopping her medication without proper guidance from a doctor.

The incident also helps to bring her family closer together again, as Audrey's mom realizes the importance of being flexible and that life is far too short to expect perfection. She becomes more lenient with her children, allowing them to have junk food on occasion and even embracing their love of video games. Wanting to get in on the fun, Audrey's father starts playing video games.

Through her work with Dr. Sarah and with the support of her family and Linus, Audrey learns to love and accept herself for who she is. She realizes that everyone operates on different timelines and that just because she reacts differently to certain situations it does not make her a freak.

### **3. Characters in the Novel**

#### **3.1 Anne Turner**

Anne Turner is Audrey's mother. She is a working mother, but since Audrey's illness she has become a full-fledged housewife. Anne has a cheerful personality and lives her life coolly and extravagantly. She is a funny mother with her silly behavior, but Anne always feels worried and anxious when she sees Audrey panicking or scared

when Audrey feels in danger. Anne always did things to make Audrey feel comfortable and gave Audrey advice to Audrey if bad things were not going to happen.

### **3.2 Chris Turner**

Chris Turner is Audrey's father. He works long hours and often brings work stress home. He loves his family but finds it challenging to understand Audrey's condition.

### **3.3 Frank Turner**

Frank Turner is Audrey's brother. Frank's role in helping Audrey in curing her anxiety that is perceived in various ways. Frank looks like stoic person but he cares of Audrey actually.

### **3.4 Linus**

Linus is one of Frank's friends that always visits Audrey's home. Linus has an important role in the healing process of the anxiety felt by Audrey because Linus is the first person except Audrey's family who invite Audrey to talk even though he knows Audrey's disease. Linus is also the first who gives sense to Audrey that Audrey is able to do a direct physical contact with others though not instantly and Linus also who accompanies Audrey to go outside and meet a lot of people though Audrey still feels anxiety but Audrey can do it.

### **3.5 Dr. Sarah**

Dr. Sarah is Audrey's therapist, who plays a crucial role in her recovery. She helps Audrey confront her fears and understand the root causes of her anxiety.