



TORONTO FRINGE FESTIVAL

For immediate release: May 29, 2017
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NOT ENOUGH: a new play that changes the story of anxiety. Enough.

July 2017 – TORONTO, ON - **LET'S GET REAL.** Coming off a messy year, Megan Phillips decided on one last-ditch gambit: a relaxing 10-day silent meditation retreat. She was wrong about the relaxing part. Sitting in a tiny room with one hundred other sweltering humans, four days into the retreat... she came face-to-face with demons she didn't even know existed. Suddenly she was fighting for her life against anxiety... hard. And she lived. And when she came home she got a loop pedal, a dramaturg ... and the bright idea to write a show about it.

NOT ENOUGH, a brand new solo dark comedy about changing the story of anxiety you didn't even know you had, is by Megan Phillips (*People Suck, Breaking Velocity*). Directed and dramaturged by seasoned Fringe veteran TJ Dawe (*Medicine, Burn Job*), this must-see show uses a loop pedal to simulate Anxiety's thoughts. Get ready to get dark.

This is Megan's second solo show, and her sixth year of touring the Fringe.

About the creator:

★★★★ "Funny and honest...A light-hearted, critical look at a very contemporary topic" - CBC

★★★★ "An Artistic Achievement" – Vue Weekly

"NNNN - clever, talented and energetic" - NOW Magazine

★★★★ - Vancouver Sun

July 5 8:45pm

July 7 11:30pm

July 9 1:45pm

July 11 10:15pm

July 13 3:30pm

July 14 7:30pm

July 15 12pm

Venue: TPM Mainstage, 16 Ryerson Ave

Tickets \$10 + service charge, available at www.fringetoronto.com, by phone (416) 966-1062, or in person at Scadding Court Community Centre,

More information can be found at www.meganphillips.com