

NOT ENOUGH (writer, performer):

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

"Simultaneously hilarious, disarming, and serious, Not Enough is an artistic achievement in dramatizing a complex psychological state." – VUE WEEKLY

"Touching and cleverly constructed...a warm and assured stage presence" – VANCOUVER SUN

TESTIMONIAL – NOT ENOUGH

"For most people being in the audience is relaxing and very enjoyable watching whatever form of art they are there to see. For me, having a panic attack last year. ... My anxiety swiftly moved me [on this day] out the doors of the theatre gasping for air, in tears, with my head down trying not to make eye contact ... on my way out. It's been about four years since discovering I have anxiety disorder. By mid year four, ... **I have accepted that anxiety will be a part of my life, but it can be in the normal 10%- 20% range** like most worries that are normal to have. It doesn't have to run my life on full tilt all the time. Megan's one woman show is her story about how she confronted her anxiety. **It's honest, emotional, and hilarious.** It was so wonderful to see someone make light of some of the insanity that can occur in the thought process when you're feeling anxious. It means so much to me to see people talking about this, and creating awareness. *Not Enough* is **an amazing platform to start the conversation about anxiety.** I strongly recommend the show to anybody who has experienced anxiety, or anyone that has someone their life that has been faced with it. Aside from Megan's great writing and acting, and the amazing direction of the show done by **TJ Dawe** ... **If anyone understood me, it was her.** And she was in the spotlight, flipping anxiety the finger. The biggest part of "recovering" in any aspect of my life is hearing people's stories. You really can't put a price on that openness and honesty. For the few moments I talked with Megan, I really felt her strength, without it hiding that fact that she has struggled, and she's ok with that. **I believe there's a certain amount of humility that one must have in regards overcoming our demons. Megan's got it.** And she humbly shares herself with the audience... **GO SEE THIS SHOW!** - JESS RAE EYRE, MUSICIAN

"If you have **anxiety** or **depression** this is definitely something you should see, **it may just change your life.**" – BETHANY DOBSON, REVIEWER (VAN ARTS REVIEW)

MORE PRESS FOR MEGAN:

FRINGE FAVOURITE in the following categories:

Outstanding **New Play**
Outstanding **Production**
Outstanding **Ensemble**
Outstanding **Direction**
- **NOW Magazine**

"A must-see [...] *People Suck* is **gutsy, entertaining, and meaningful**; it is independent theatre at its best, [and these] Theatre artists [are] at the top of their game" – **thevarsity.ca**

"**NNNN** [...] Filled with clever turns of phrase [...] talented and energetic cast [...] Phillips [has] the **loveliest singing voice**." – **NOW magazine**

"This **hilarious** song cycle co-written by Peter Cavell and Megan Phillips pays homage, nay, celebrates the worst in all of us; through catchy tunes and deviously clever lyrics, the crappiest facets of humanity are dissected and put on display for all to enjoy." – **Artsvox.ca**

"A **brilliantly performed, well-written and fantastic romp**. It starts with a Riverdance parody which will leave you screaming with laughter ... and then it gets better! The four women [...] are clearly multi-talented and dangerously funny." – **Roverarts.com**

"**Comedically strong**...The sketch ideas are well-thought and witty [...] truly brilliant" – **Bloody Underrated**

"**Sassy, sexy and smart ... Dedicated artists**." - Mobtreal.com

★★★★- **Vancouver Sun**

"**Dynamite!** [...] Phillips is [...] charismatic and charming [...] an engaging performer!" – **PLANK Magazine**

"[Phillips] has a **beautiful voice** and **personable acting style**" – **Mooney on Theatre**

"[Phillips is] a **warm and generous** performer" – **Vancouver Courier**



Press links:

Named "Top Five Fab Female Performers" – CBC,

<http://www.cbc.ca/news/canada/manitoba/one-woman-fringe-this-year-s-fab-female-only-shows-1.3687201>

Top 18 things to do in Edmonton, Jessica Festa, Business Insider:

<http://www.businessinsider.com/things-to-do-in-edmonton-2016-10>

"Making Light the Dark Side of Therapy" -

<http://www.richmond-news.com/arts/making-light-of-the-dark-side-of-self-therapy-1.2324129>

Vancouver Sun

<http://vancouversun.com/entertainment/theatre/review-hits-and-the-odd-miss-at-the-vancouver-fringe-festival>

Vue Weekly: <http://www.vueweekly.com/fringe/play/not-enough/>

CBC: <http://www.cbc.ca/news/canada/manitoba/not-enough-1.3673814>