



Benjamin Fry - Biography

Benjamin Fry read physics and philosophy at Oxford University and is now a self-help guru, writer and TV presenter.

He developed an interest in psychotherapy and other areas of personal growth during extensive and varied personal treatment. He initially studied psychotherapy at Regent's College, London in 1998/9 and has returned to study there towards a professional doctorate in psychotherapy.

He wrote the book "What's Wrong With You" and the eponymous column in The Saturday Times Body&Soul section; and recorded the follow-up audio book "How to be Happy" for Hachette Audio. .

Benjamin has co-presented the BBC's groundbreaking and long running "Spendaholics" series as BBC3's psychological coach.

Benjamin has a private practice in Harley Street. He is extending his work to beyond the consulting room with his "Happy Hour" network of personal trainers. Happy Hour is designed to make people happier in an hour a month.