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Monkey Mind A Memoir of Anxiety Daniel Smith

The term Monkey Mind (or Monkey Brain) does come from Buddhism, to have an overactive/stressed mind and having to wait for the Monkey to calm down. I would suggest this book to those with anxiety, and those living with them.

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Monkey Mind Book by Daniel Smith Official Publisher

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Daniel Smith articulates what it is like to live with anxiety, defanging the disease with humor, traveling through its demonic layers, and evocatively expressing its self-destructive absurdities and painful internal coherence.

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