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When Anxiety Attacks

By Terian Koscik

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, When Anxiety Attacks, Terian Koscik, Frank and full of gentle humor, Terian Koscik's graphic memoir shares her experiences of living with anxiety, finding the courage to see a therapist, and learning more than she could have imagined. Even in childhood anxious thoughts would seep into Terian's day. Yet she never thought that getting professional help was for her, simply concluding that her problems weren't "real" problems (a lion hadn't devoured her whole family, for example). But when her anxiety finally became overwhelming, she knew it was time to see a therapist. To her surprise, Terian learned endless coping techniques through her therapy sessions. She shares how mindfulness strategies helped her observe anxious thoughts without criticizing them, and how "I" statements encouraged her to express feelings more openly in relationships. But perhaps the most important thing she learned was that there really is no "right" way to feel.



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