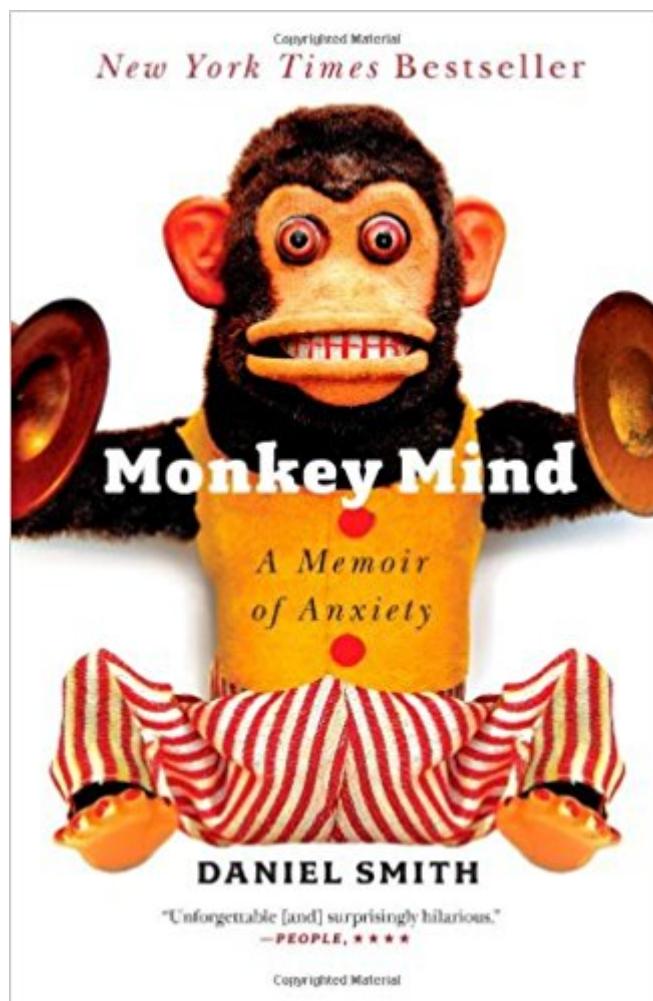


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# Monkey Mind: A Memoir Of Anxiety



## Synopsis

A wildly acclaimed New York Times bestseller, this uplifting, smart, and funny memoir provides hope and understanding to the 40 million Americans who suffer from anxiety disorders. Daniel Smithâ™s *Monkey Mind* is the stunning articulation of what it is like to live with anxiety. As he travels through anxietyâ™s demonic layers, Smith defangs the disorder with great humor and evocatively expresses its self-destructive absurdities and painful internal coherence. Aaron Beck, the most influential doctor in modern psychotherapy, says that âœ*Monkey Mind* does for anxiety what William Styronâ™s *Darkness Visible* did for depression.â • Neurologist and bestselling writer Oliver Sacks says, âœI read *Monkey Mind* with admiration for its bravery and clarity. . . . I broke out into explosive laughter again and again.â • Here, finally, comes relief and recognition to all those who want someone to put what they feel, or what their loved ones feel, into words.

## Book Information

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Average Customer Review: 3.7 out of 5 starsÂ See all reviewsÂ (266 customer reviews)

Best Sellers Rank: #25,760 in Books (See Top 100 in Books) #50 inÂ Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #67 inÂ Books > Medical Books > Psychology > Neuropsychology #82 inÂ Books > Biographies & Memoirs > Professionals & Academics > Medical

## Customer Reviews

Knowing Daniel's struggles with anxiety I feel a certain amount of anxiety myself writing this review. I wouldn't want to put undue stress on someone who comes off as a mensch with a whale on his back. Happily, *Monkey Mind* is a fine book; so the pressure is off. First, if you're interested in this book to discover anxiety cures, you will likely be largely be disappointed. Although Smith finds some relief through cognitive therapy and meditation, only the last five percent of the book addresses how he handles his condition. What *Monkey Mind* does do very well, however, is provide a detailed and in-depth look at anxiety in its various forms. Smith knows anxiety the way Eskimos are reported to

know different types of snow (apparently it's a myth that Eskimos have tons of names for different types of snow, but the cliche/point seems relevant.) Smith entertainingly and poignantly uses his own battles with anxiety (apparently excessive sweating is a serious problem for those with extreme anxiety) to explore the various forms and facets of anxiety. As someone who is much more prone to anxiety than depression, these explorations are definitely of interest. Also, Smith's tendency to anxiety is so much worse than mine, that it makes me feel maybe I'm not so bad off.

**One Line Summary:** Overall, recommended for anyone interested in exploring anxiety in an in-depth, interesting, and personal way.

**Possible Related Recommendations-** Anyone interested in a solid (and at moment very inexpensive for used copies on ) practical guide for dealing with anxiety might consider

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Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Monkey Mind: A Memoir of Anxiety Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Sock Monkey Dreams: Daily Life at the Red Heel Monkey Shelter Sock Monkey Kama Sutra: Tantric Sex Positions for Your Naughty Little Monkey Dr. Mary's Monkey: How the Unsolved Murder of a Doctor, a Secret Laboratory in New Orleans and Cancer-Causing Monkey Viruses Are Linked to Lee Harvey ... Assassination and Emerging Global Epidemics Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) Trypophobia: Real, Terrifying and you defenately have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) The Mindfulness and Acceptance

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