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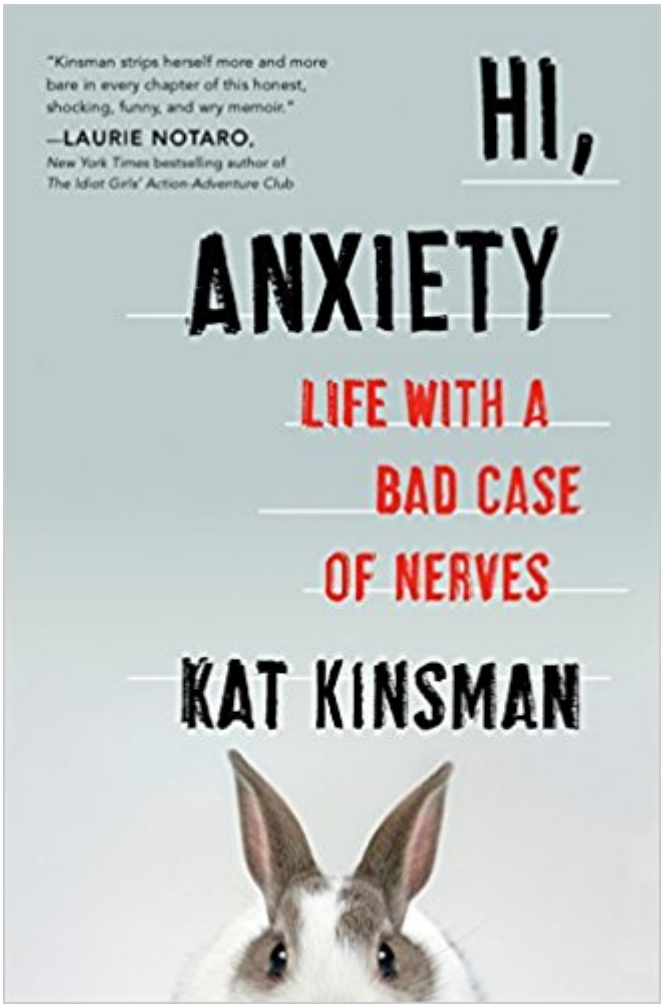
Hi, Anxiety: Life With A Bad Case Of Nerves



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Synopsis

Joining the ranks of such acclaimed accounts as Manic, Brain on Fire, and Monkey Mind, a deeply personal, funny, and sometimes painful look at anxiety and its impact from writer and commentator Kat Kinsman.Feeling anxious? Canâ ™t sleep because your brain wonâ ™t stop recycling thoughts? Unable to make a decision because you’re too afraid youâ ™ll make the wrong one? Youâ ™re not alone.In Hi, Anxiety, beloved food writer, editor, and commentator Kat Kinsman expands on the high profile pieces she wrote for CNN.com about depression, and its wicked cousin, anxiety. Taking us back to her adolescence, when she was diagnosed with depression at fourteen, Kat speaks eloquently with pathos and humor about her skin picking, hand flapping, â œnervousnessâ • that made her the recipient of many a harsh taunt. With her mother also gripped by depression and health issues throughout her life, Kat came to live in a constant state of uneaseâ ”that she would fail, that she would never find love . . . that she would end up just like her mother.Now, as a successful media personality, Kat still battles anxiety every day. That anxiety manifests in strange, and deeply personal ways. But as she found when she started to write about her struggles, Kat is not alone in feeling like the simple act of leaving the house, or getting a haircut can be crippling. And though periodic medication, counseling, a successful career and a happy marriage have brought her relief, the illness, because that is what anxiety is, remains.Exploring how millions are affected anxiety, Hi, Anxiety is a clarion call for everyoneâ ”but especially womenâ ”struggling with this condition. Though she is a strong advocate for seeking medical intervention, Kinsman implores those suffering to come out of the shadowsâ ”to talk about their battle openly and honestly. With humor, bravery, and writing that brings bestsellers likeÂ Laurie NotaroÂ and Jenny Lawson to mind, Hi, Anxiety tackles a difficult subject with amazing grace.

Book Information

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Customer Reviews

â œAn insightful look at an often misunderstood disorder that doesn?t have an immediate cure, this book should appeal to anyone who has struggled with anxiety or loves someone who has.â • (Library Journal)â œWith witty humor and an enduring boldness, Kinsmanâ ™s insightful read will have readers cringing at times, like when her nerves keep her from picking up a pair of designer shoes at the repair shop, but never fails to showcase her inner strength all the same.â • (Booklist)

A PRECISE PORTRAIT OF AN ANXIOUS LIFEKat Kinsman has been nervous for as long as she can remember. Well, not just nervous, but cripplingly worried, anxious, often depressedâ ”teetering on the terrifying edge of becoming a messy horror show of a person. Most days she can mask her condition pretty well. But not every day. GAD, or generalized anxiety disorder, is the most prominently diagnosed mental illness today. The feral cat to depressionâ ™s black dog, it affects Kat and millions of others, primarily women. In a journey through the alleyways and burrows of her life, Kat takes us through a landscape of lost love, lost jobs, lost identity, and the struggle to sustain herself when the voice in her head, the beast shrieking for attention, keeps self-confidence and calm at bay.Hi, Anxiety is a thoughtful, wry, heartbreaking, brave, but ultimately happy story of what life looks like through the lens of anxiety, and will reassure anyone ever held in the clutches of GAD that they are never aloneâ ”and the best way to fight back is to say its name loud and clear.

Are you always worried? Always ready to name 5 things that could go wrong at any given moment? You’re not alone.Kat Kinsman writes about her own lifelong struggle with anxiety with humor and compassion. Come for the hilarious account of what happens when an anxious person tries yoga and stay to discover a kindred spirit.

Kat’s writing is superb. As a fellow anxiety sufferer, it’s refreshing to be reminded we are not alone. The tales she weaves are well thought out and her wit is sharp as a tack. Thanks Kat!

Loved this book. I thought I was the only anxious one until reading this book.

Very interesting. Got anxious reading it.

Love this book- Kat is fantastic!!

Kat helped me understand and accept anxiety in a way I hadn't been able to after many years of hiding from it.

An amazing tale of strength and courage. Plus Kat's writing is superb and hilarious. I'm glad she can laugh at herself because sometimes that's all you can do.

Hi, Anxiety is a masterfully written memoir that takes readers deep inside the experiences Kinsman has had living with the title ailment. She does an excellent job at vividly showing both the long-term effects anxiety has had on her life, in ways big and small, as well as how she's coped with it. Because so much of mental illness is invisible, this is a vital book in helping those who have no idea what anxiety is like to understand its real, powerful consequences, and Kinsman never flinches from highlighting its devastating effects, from letting car towing bills mount because she's afraid to go pick it up to assorted other fears that leave her often unable to do basic tasks many people take for granted. She intersperses her story with things she's afraid of, devoting enough detail that it's impossible not to feel sympathy for how the anxiety has shaped all of her decisions. There were many places where I found myself nodding along in recognition, while others made me wonder if anyone I am close to has felt something similar and simply hadn't been able to tell anyone, as Kinsman was at one point in her life. Yet this is not a depressing, but rather a hopeful memoir, even if there is no miracle cure or a-ha moment at the end where the nerves magically disappear. Instead, Kinsman simply opens the door into her world, hoarding, dominatrix job, parental mental illness, dating drama and all, and lets readers who share any similar traits that they are not alone. The writing itself is rich with detail, so much so that it was at times challenging to reconcile the person described on the page with the person spinning such words, but that is yet another lesson of this book: that people are not always what they appear, and may be leading inner lives that look nothing like what others perceive them from the outside. I encourage anyone who cares about mental health, has dealt with their own or a loved one's mental health issues, or simply enjoys memoirs to read this.

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Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS-30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Hi, Anxiety: Life

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