



## Anxiety Makes Me Anxious (Paperback)

By Shayna Brazier

Shayna Brazier, 2017. Paperback. Condition: New. Jake Bush (illustrator). Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Anxiety Makes Me Anxious is the anxious life of author Shayna Brazier written in hilarious anecdotal form. She describes what having anxiety is like through a series of personal phobias. Brazier takes the reader on a journey through fears and worries but manages to do it with a hefty dose of humor. This book has the ultimate goal of teaching people that anxiety doesn't have to ruin your life. You can have anxiety and be happy. The book is set up in chapter form with the final chapter covering generalized anxiety disorders. Brazier's approach to anxiety is refreshingly light while at the same time she does not downplay how hard an anxious life can be. This is a great read for people who have anxiety as well as anyone who wants to help support people with anxiety.



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