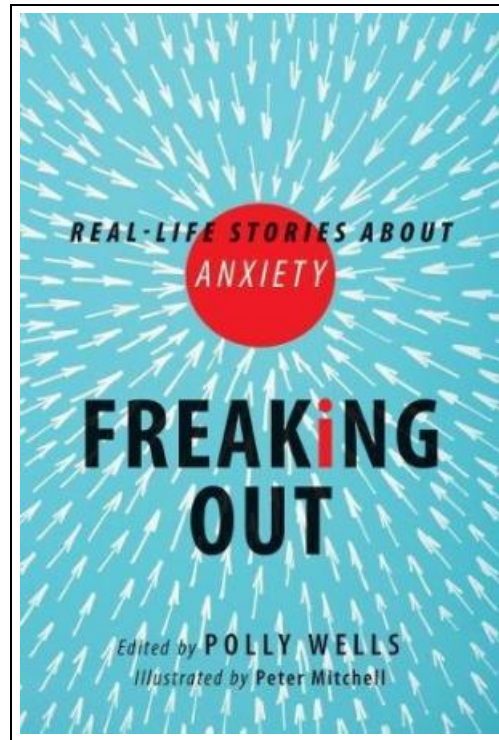


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FREAKING OUT: REAL-LIFE STORIES ABOUT ANXIETY



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Annick Press. Paperback. Condition: New. Peter Mitchell (illustrator). 136 pages. Dimensions: 8.9in. x 6.0in. x 0.3in. When anxiety has you in its grip, it can seem impossible to rationalize your way out of it. That sweaty, gut-clenching, suffocating, racing-heart feeling. That dull, never-ending sense that something's wrong. Anxiety affects millions of young adults. From phobias to compulsiveness to post-traumatic stress disorder, *Freaking Out* chronicles the many guises of excessive anxiety in teens' lives and the havoc it can wreak. These 13 true stories span the anxiety spectrum, from heightened adolescent angst to full-blown disorders. The triggers for the teens in this book range from the stress of getting into college, to the loss of a parent, to day-to-day social encounters. Their stories explore the different ways each learned to unshackle themselves from the weight of overwhelming worry. In *Nowhere to Hide*, Caroline suffers debilitating panic attacks brought on in part by extreme shyness. In *Exiled*, Alan's treatment at the hand of bullies makes her anxiety even worse. In *The Enemy Next Door*, Noah grapples with the paralyzing, unexplained fear of dogs that has caused him anxiety since childhood. And in *War Story*, Hamid, alone in a new country, must confront his post-traumatic stress disorder. Including an afterword written by psychologist Stacie Isenberg of The Ross Center in Washington, D. C., *Freaking Out* offers young people a vivid understanding of what anxiety feels like, positive tools to minimize its effects, and the reassurance that they can live a full and rewarding life even if they find themselves in its grip. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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