



# Hi, Anxiety: Life With a Bad Case of Nerves

*Kat Kinsman*

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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? Can't sleep because your brain won't stop recycling thoughts? Unable to make a decision because you're too afraid you'll make the wrong one? You'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, "nervousness" 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 unease—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 everyone—but especially women—struggling with this condition. Though she is a strong advocate for seeking medical intervention, Kinsman implores those suffering to come out of the shadows—to talk about their battle openly and honestly. With humor, bravery, and writing that brings bestsellers like Lori Notaro and Jenny Lawson to mind, *Hi, Anxiety* tackles a difficult subject with amazing grace.

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### **From reader reviews:**

#### **Benjamin French:**

Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they accomplishing activity like watching television, gonna beach, or picnic from the park. They actually doing same task every week. Do you feel it? Will you something different to fill your own free time/ holiday? Could be reading a book is usually option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the book untitled Hi, Anxiety: Life With a Bad Case of Nerves can be excellent book to read. May be it can be best activity to you.

#### **Theodore Parish:**

Within this era which is the greater particular person or who has ability in doing something more are more precious than other. Do you want to become one of it? It is just simple strategy to have that. What you are related is just spending your time not much but quite enough to get a look at some books. On the list of books in the top checklist in your reading list will be Hi, Anxiety: Life With a Bad Case of Nerves. This book which is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking upward and review this guide you can get many advantages.

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#### **Kimberly Hogan:**

A lot of reserve has printed but it takes a different approach. You can get it by online on social media. You can choose the top book for you, science, comedian, novel, or whatever through searching from it. It is called of book Hi, Anxiety: Life With a Bad Case of Nerves. You'll be able to your knowledge by it. Without departing the printed book, it might add your knowledge and make a person happier to read. It is most essential that, you must aware about book. It can bring you from one location to other place.

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