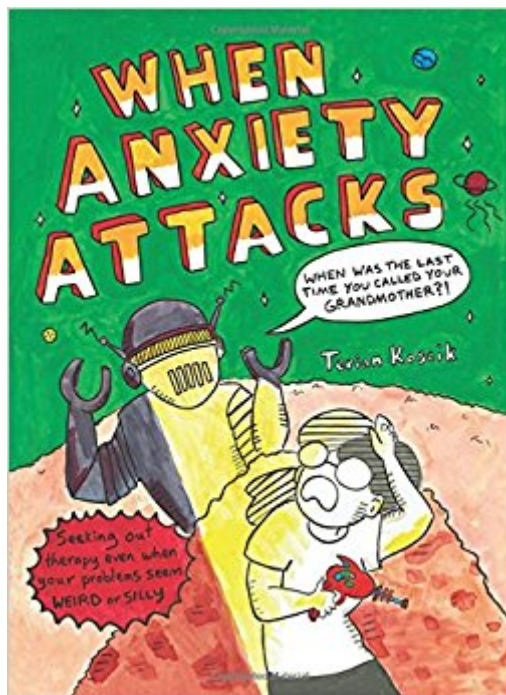


The book was found

When Anxiety Attacks



Synopsis

Frank and full of gentle humor, Terian Kosciak's graphic memoir shares her experiences of living with anxiety, finding the courage to see a therapist, and learning more than she could have imagined. Even in childhood anxious thoughts would seep into Terian's day. Yet she never thought that getting professional help was for her, simply concluding that her problems weren't "real" problems (a lion hadn't devoured her whole family, for example). But when her anxiety finally became overwhelming, she knew it was time to see a therapist. To her surprise, Terian learned endless coping techniques through her therapy sessions. She shares how mindfulness strategies helped her observe anxious thoughts without criticizing them, and how "I" statements encouraged her to express feelings more openly in relationships. But perhaps the most important thing she learned was that there really is no "right" way to feel.

Book Information

Paperback: 32 pages

Publisher: Singing Dragon; Cmc edition (September 21, 2015)

Language: English

ISBN-10: 1848192843

ISBN-13: 978-1848192843

Product Dimensions: 6.5 x 0.5 x 8.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #411,780 in Books (See Top 100 in Books) #111 in Books > Arts & Photography > Drawing > Coloring Books for Grown-Ups > Comics & Manga #410 in Books > Self-Help > Anxieties & Phobias #448 in Books > Self-Help > Art Therapy & Relaxation

Customer Reviews

The reader gets an evocative expression of how, for those of an anxious disposition, deep distress and loneliness can arise from seemingly mundane exchanges. And while an all-encompassing cure is not on offer, Kosciak emphasises there are methods of communication and control that have put her on a path to self-acceptance, and that they might well prove effective for others who are facing similar problems. -- Anthony Farthing, Tavistock and Portman Foundation Trust Graphic Medicine

The reader gets an evocative expression of how, for those of an anxious disposition, deep distress and loneliness can arise from seemingly mundane exchanges. And while an all-encompassing cure

is not on offer, Kosciak emphasises there are methods of communication and control that have put her on a path to self-acceptance, and that they might well prove effective for others who are facing similar problems. (Anthony Farthing, Tavistock and Portman Foundation Trust Graphic Medicine)

When Anxiety Attacks is Terian Kosciak's autobiographical story of how and why she talks to a therapist about anxiety. This simple autobiography is straightforward and approachable, great at demystifying the condition. The thought bubble, considered an old-fashioned comic device, is perfect in this context, an elegant way to show Terian's inner concerns while her figure is drawn engaging in everyday home activities. It really brings home how she feels, making it understandable to the reader. Many people can identify, particularly now, with her key blocker, when she thinks, "Isn't therapy for people with Real Problems?" But she realizes that she can handle these feelings by herself, and a professional isn't going to judge her for not having a good enough reason or not trying hard enough. That's the significant message of this book, and why I found it so comforting. We aren't alone in feeling overwhelmed or anxious, and there are things we can do about it. Some of the techniques Terian learns (and shares with the reader) are simple but powerful, including mindfulness, "I feel" statements about feelings, and taking care of basic needs. It's a reminder we could all use these days of acceptance and small steps to growth. (Review originally posted at ComicsWorthReading.com.)

[Download to continue reading...](#)

Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS-30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Attacks on the World Trade Center: February 26, 1993, and September 11, 2001 (Terrorist Attacks) Dare: The New Way to End Anxiety and Stop Panic Attacks Dare: The New Way to End Anxiety and Stop Panic Attacks

Fast (+Bonus Audios) When Panic Attacks: The New, Drug-Free Anxiety Therapy That Can Change Your Life
Free Your Mind: A Guide to Freedom from Anxiety, Depression, Panic Attacks and Intrusive Thoughts
Don't Panic Third Edition: Taking Control of Anxiety Attacks (Newest Edition)
Dare: The New Way to End Anxiety and Stop Panic Attacks Fast When Anxiety Attacks From
Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively
The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry
The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy
The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)
Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)