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Daniel Smith describes himself as anxiety personified in his absorbing and humorous memoir Monkey Mind. Smith was anxious from birth. Anxiety lurked in his genes.

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In the insightful narrative tradition of Oliver Sacks, Monkey Mind is an uplifting, smart, and very funny memoir of life with anxiety America's most common

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In Monkey Mind, Daniel Smith brilliantly articulates what it is like to live with anxiety, defanging the disease with humor, traveling through its demonic layers

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Daniel Smith's *Monkey Mind* is the stunning articulation of what it is like to live with anxiety. As he travels through anxiety's demonic layers, Smith defangs the

The monkey mind chronicles

to feel Daniel Smith's pain in *Monkey Mind: Hearing Voices and the Borders of Sanity* (B&N, Amazon), and *Monkey Mind: A Memoir of Anxiety*

Daniel smith - official site

Daniel Smith's anxiety is matched by a wonderful sense of the comic, June 11, *Monkey Mind: A Memoir of Anxiety*, will be released in paperback by Simon & Schuster.

Daniel smith - monkey mind: a memoir of anxiety

For Daniel Smith, anxiety is a way of life. Using humor and honesty, Smith details the way anxiety works in his memoir, *Monkey Mind*, which has been praised by

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21 quotes from *Monkey Mind: A Memoir of Anxiety*: Freedom is anxiety's petri dish. If routine blunts anxiety, freedom incubates it. Freedom says, Even i

" monkey mind: a memoir of anxiety" by daniel

I first saw this book when it popped up in my Goodreads feed. It's a memoir about anxiety, and it was supposed to be hilarious. A friend of mine had just finished

Memoir: " monkey mind," by daniel smith -

Daniel Smith's severe anxiety began in childhood, and he suffered his third serious anxiety attack when he was 23. On the surface, Smith appeared poised for success

9781439177303: monkey mind: a memoir of anxiety -

Product Description: Daniel Smith's *Monkey Mind* is the stunning articulation of what it is like to live with anxiety.

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I read *Monkey Mind* with admiration for its bravery and clarity. Daniel Smith's anxiety is matched by a wonderful sense of the comic, and it is this which makes

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In "Monkey Mind," Daniel Smith brilliantly articulates what it is like to live with anxiety, defanging the disease with humor, traveling through its demonic layers

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"Monkey Mind: A Memoir of Anxiety," by Daniel Smith. Tyler Maroney, Simon and Schuster Jeff Glor talks to Daniel Smith about "Monkey Mind: A Memoir of Anxiety."

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Anxiety once paralyzed Daniel Smith over a roast beef sandwich, convincing him that a choice between ketchup and barbecue sauce was as dire as that between life and

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