

# Monkey Mind: A Memoir Of Anxiety By Daniel Smith

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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

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INTERVIEW WITH DANIEL SMITH. In Monkey Mind: A Memoir of Anxiety, Daniel Smith writes that despite outward appearances of contentment, a sense of impending

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Monkey Mind: A Memoir of Anxiety. By Daniel Smith. 224 pages; Simon & Schuster Available at: Amazon.com | Barnes & Noble

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For years, Daniel Smith suffered from bouts of acute anxiety, extended episodes without any apparent cause that seized control of his body and mind, leaving him an

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

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