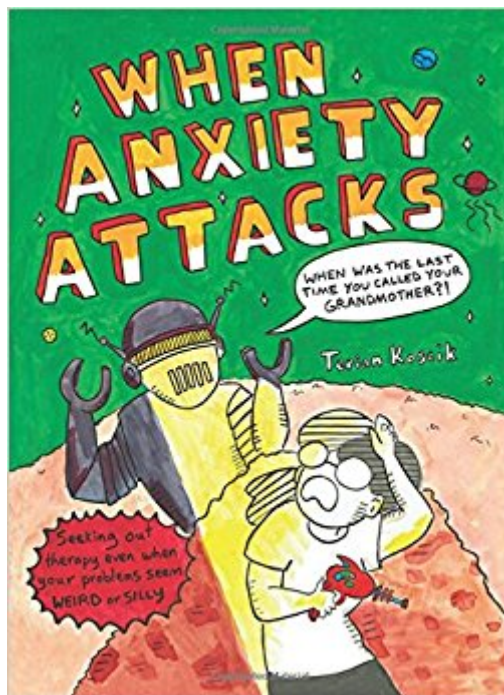


The book was found

When Anxiety Attacks



Synopsis

Frank and full of gentle humor, Terian Koscik'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

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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, Koscik 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

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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 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.)

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