

Thin Slices of Anxiety: Observations and Advice to Ease a Worried Mind

By Catherine Lepage

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Not to worry, a book on anxiety is finally here! A clever antidote to everyday angst, this illustrated book captures universal truths and comforting revelations about being human. Artist Catherine Lepage uses her wry humor to help us see that "thinly sliced and illustrated, emotions are much easier to digest."

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Editorial Review

Review
“An illustrated meditation on what it’s like to live enslaved by one’s own worries and what one can do to break free.” —***Brain Pickings***

“The power of LePage’s book lies not just in capturing the psychological condition, but the emotional experience that goes with it…. A book that not only helped me understand myself, but helped others understand me—and that, even for a moment, made me feel a little less alone.” —***The Guardian***

About the Author
Catherine Lepage is the award-winning author of four previous books and the cofounder of the design studio Ping Pong Ping. She lives in Montreal, Canada.

Users Review

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Connie Deroche:

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William Evans:

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Nancy Thornton:

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which maybe you never get previous to. The Thin Slices of Anxiety: Observations and Advice to Ease a Worried Mind giving you an additional experience more than blown away your mind but also giving you useful info for your better life in this era. So now let us show you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished reading through it, like winning a. Do you want to try this extraordinary shelling out spare time activity?

Vanessa Kistler:

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