

First, We Make the Beast Beautiful: A New Story About Anxiety This journey is what I do now. I bump along, in fits and starts, on a perpetual path to finding better ways for me and my mate, Anxiety, to get around. It's everything I do. Sarah Wilson - bestselling author and entrepreneur, intrepid solver of problems and investigator of how to live a better life This journey is what I do now. I bump along, in fits and starts, on a perpetual path to finding better ways for me and my mate, Anxiety, to get around. It's everything I do. Sarah Wilson - bestselling author and entrepreneur, intrepid solver of problems and investigator of how to live a better life - has helped over 1.2 million people across the world to quit sugar. She has also been an anxiety sufferer her whole life. In her new book, she directs her intense focus and fierce investigatory skills onto this lifetime companion of hers, looking at the triggers and treatments, the fashions and fads. She reads widely and interviews fellow sufferers, mental health experts, philosophers, and even the Dalai Lama, processing all she learns through the prism her own experiences. Sarah pulls at the thread of accepted definitions of anxiety, and unravels the notion that it is a difficult, dangerous disease that must be medicated into submission. Ultimately, she re-frames anxiety as a spiritual quest rather than a burdensome affliction, a state of yearning that will lead us closer to what really matters. Practical and poetic, wise and funny, this is a small book with a big heart. It will encourage the myriad sufferers of the world's most common mental illness to feel not just better about their condition, but delighted by the possibilities it offers for a richer, fuller life. ...more **First, We Make the Beast Beautiful: A New Story About Anxiety PDF ebook**

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