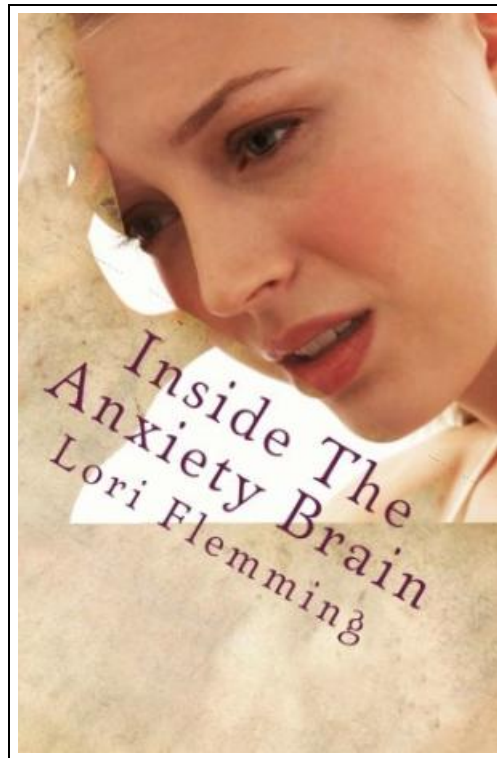


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(Prof. Elton Gibson I)*

## INSIDE THE ANXIETY BRAIN: GO BE AWESOME IN THE RAIN! (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It s not a story often told. From the perspective of a sufferer. Enter the world of the Anxiety Brain. Lori Flemming takes you on a journey to experience what it s like to live with anxiety. Flemming takes readers to the other side - through ordeals filled with suffering, struggle, turmoil, and pain. But also passion, victory, and hope. For many, anxiety is part of them. Who they are. Flemming shares her story and embraces her anxiety. She leaves shame behind and encourages readers to not be ashamed of who they are. Her journey is transparent and real. Readers will deeply connect with Flemming s story. Her book is not a light read - it s not meant to be. It s packed full of pain, war, suffering, hope, and small victories. She shows the non-clinical side of battling and dealing with anxiety. Inside the Anxiety Brain bridges a resource with experience. From one sufferer to another and leaves an open window for those seeking to help a loved one in their life who suffers. This book is full of personality - the author s unique voice. At times, she s sassy and caring. She speaks up and writes to share her story, and hopes she can alleviate the stigma surrounding anxiety and mental illness. She wants to make a positive difference - that s clear. Even if it s just a small step.



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