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Hi, Anxiety is a masterfully written memoir that takes readers deep inside the experiences Kinsman has had living with the title ailment. She does an excellent job at vividly showing both the long-term effects anxiety has had on her life, in ways big and small, as well as how she's coped with it.

Hi, Anxiety: Life With a Bad Case of Nerves by Kat Kinsman

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In *Hi, Anxiety*, beloved food writer, editor, and commentator Kat Kinsman expands on the high profile pieces she wrote for CNN.com about depression, and its wicked cousin, anxiety. Taking us back to her adolescence, when she was diagnosed with depression at fourteen, Kat speaks eloquently with pathos and humor about her skin picking, hand flapping, “nervousness” that made her the recipient ...

Hi, Anxiety: Life With a Bad Case of Nerves - Kat Kinsman

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This is an excerpt from my book *Hi, Anxiety: Life With a Bad*

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High functioning anxiety is not a recognized mental health diagnosis. Rather, it's evolved as a catch-all term that refers to people who live with anxiety but identify as functioning reasonably well in different aspects of their life.

The Characteristics of High Functioning Anxiety

And though periodic medication, counseling, a successful career and a happy marriage have brought her relief, the illness, because that is what anxiety is, remains. Exploring how millions

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are affected anxiety, Hi, Anxiety is a clarion call for everyone?but especially women?struggling with this condition.

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As a professional anxiousologist (and having been on both sides of that equation), as I procrastinated while writing my book Hi, Anxiety: Life With a Bad Case of Nerves, I came up with a few

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tips ...

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Hi, Anxiety Life With a Bad Case of Nerves. Kat Kinsman, a food editor at Time Inc., is the author of Hi, Anxiety: Life With a Bad Case of the Nerves. Books by Kat Kinsman.

Hi, Anxiety | Psychology Today

In Hi, Anxiety, beloved food writer, editor, and commentator Kat

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