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we meet another anxious New Yorker who has what he calls a monkey mind . Daniel Smith: in his recent book Monkey Mind: A Memoir of Anxiety. silly

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Daniel Smith's severe anxiety began in childhood, and he suffered his third serious anxiety attack when he was 23. On the surface, Smith appeared poised for success

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In "Monkey Mind," Daniel Smith brilliantly articulates what it is like to live with anxiety, defanging the disease with humor, traveling through its demonic layers

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I read Monkey Mind with admiration for its bravery and clarity. Daniel Smith s anxiety is matched by a wonderful sense of the comic, and it is this which makes

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For years, Daniel Smith suffered from bouts of acute anxiety, extended episodes without any apparent cause that seized control of his body and mind, leaving him an

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I first saw this book when it popped up in my Goodreads feed. It s a memoir about anxiety, and it was supposed to be hilarious. A friend of mine had just finished

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Daniel Smith s anxiety is matched by a wonderful sense of the comic, June 11, *Monkey Mind: A Memoir of Anxiety*, will be released in paperback by Simon & Schuster.

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