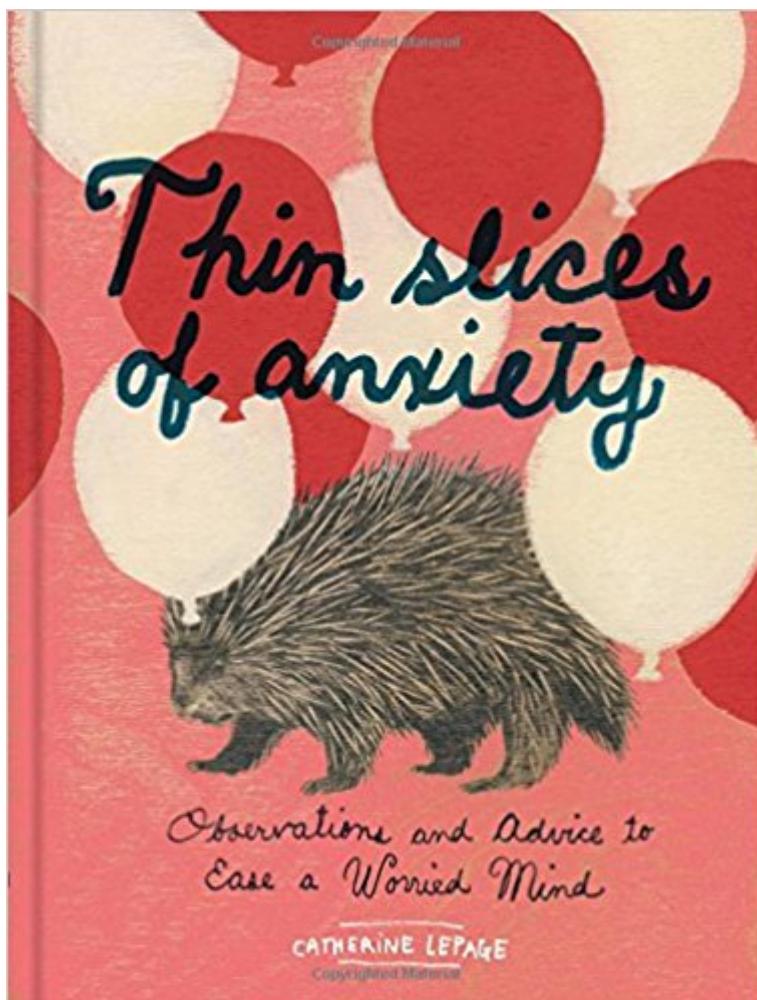


The book was found

# Thin Slices Of Anxiety: Observations And Advice To Ease A Worried Mind



## **Synopsis**

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."

## **Book Information**

Hardcover: 104 pages

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Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 starsÂ  See all reviewsÂ  (26 customer reviews)

Best Sellers Rank: #35,338 in Books (See Top 100 in Books) #51 inÂ  Books > Self-Help > Anxieties & Phobias #2932 inÂ  Books > Arts & Photography

## **Customer Reviews**

This is a beautifully illustrated Book which i highly recommend to everybody Interested in this topic.This topic deserves more attention and this book is a great way to start the conversation and bring the topic to live.Really lovely and thoughtful!

Beautiful book! I find irrelevant the size of it. The best things in life are simple, small, concentrated. I found the writer's observations very relevant to my own experience and I appreciated her light way of presenting them. You can tell it was a therapeutic process for her and thus for us.

I would like to sincerely thank Ms. Lepage for writing and publishing her recent book, Thin Slices of Anxiety. I read about it on Maria Papova's blog Brain Pickings and thought it could be a wonderful book for my 9 year old son who was recently diagnosed with general anxiety disorder. The book arrived yesterday and my son's immediate reaction after reading it was "This is awesome, Dad! I'm going to read this every time I start to feel anxious." This book shows that words alone cannot always express and communicate our feelings, but visual art can be an important vehicle to support that. Thank you again, Ms Lepage, for taking the bold step to publish a book about your

inner most feelings and fears. You are a wonderful person!

Always a relief to feel not alone when dealing with anxiety. This gorgeous book is a refreshing visual representation to resonate perfectly with the creative types that may well be it's subject.

The power of images. The depth of feelings. Buy the hardcover, it's a big part of the experience.

This is a gorgeous book to muse over and looks terrific on the iPad

Lovely and original piece of art. If an image is worth 1000 words, then this book couldn't do it better. I give away most books I read but this one stays in my book shelf. I recommend buying the paperback version. Some books are just meant to live in physical appearance. 5 stars.

Much shorter than I expected it to be. But it's something I can quickly refer to and get through efficiently

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Thin Slices of Anxiety: Observations and Advice to Ease a Worried Mind Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) The Worried Child: Recognizing Anxiety in Children and Helping Them Heal Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Combat Headaches: A chiropractor's advice for those who suffer from migraines, jaw pain, sinus pain and/or tension headaches (Combat Dis-Ease) (Volume 2) Walk Your Way To Weight Loss 2nd edition: The Ultimate Guide On How To Lose Weight, Burn Fat & Stay Thin With Walking (Weight Loss, Exercise, work out, ... stay thin, energy, fitness, healing) The Thin Book of Appreciative Inquiry (3rd

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