



The Anxiety Book: A True Story of Phobias, Flashbacks and Freak-Outs and How I Got My Inner Calm Back

Elisa Black

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Since journalist Elisa Black wrote an article about her lifelong struggle with anxiety in March 2015, it has been read by hundreds of thousands of people. Clearly, what Elisa had to say found a readership far bigger than she could have expected - and with millions of Australians suffering from anxiety, it's little wonder. There is far more to Elisa's story, though, than one article can cover. In this book, weaving memoir with science, Elisa uses the stages of her own life to relate to stages in everyone's lives and the types of anxiety that may be experienced during each phase. She includes the latest in research and other scientific information about anxiety, its causes and treatment. Elisa's story will inspire fellow anxiety sufferers to believe that there is a way to manage their condition and live more freely. From her own experience she also offers hope that anxiety does not have to dominate a life, or even dent it - it can be managed and conquered.

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