



Living it Up: The Advanced Survivor's Guide to Anxiety-Free Living

Bev Aisbett

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LIVING IT UP offers further hope and guidance for sufferers of anxiety disorders, and valuable insights for those interested in personal development. What is your "It"? Anger? Fear? Low self-esteem? Depression? Addiction? LIVING It UP, a sequel to the popular LIVING WITH It: A Survivor's Guide to Panic Attacks, is a guide to surviving anxiety in its many forms - from the overwhelming terror of Panic Disorder to the less intense but equally destructive daily stresses of modern life. Bev Aisbett, a survivor of Panic Disorder, cartoonist and author, presents a fun, easy-to-read guide to life skills required to transform anxiety into a valuable tool for growth and change.

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Maria Kim:

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