

First, We Make the Beast Beautiful: A new story about anxiety



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著者:

出版者:

出版时间:

装帧:

isbn:9780593080009

THE NEW YORK TIMES BESTSELLER'Full of great, solidly researched, personal and

genuinely useful tips for the anxious mind ... I loved this book.' Matt Haig, author of Reasons to Stay Alive and Notes On a Nervous Planet'Probably the best book on living with anxiety that I've ever read.' Mark Manson, author of The Subtle Art of Not Giving a F*ck If you have anxiety, this book is for you. If you love someone who is anxious, this book is for you.I Quit Sugar founder and New York Times bestselling author Sarah Wilson has lived through high anxiety – including bipolar, OCD and several suicide attempts – her whole life. Perhaps like you, she grew tired of seeing anxiety as a disease that must be medicated into submission. Could anxiety be re-sewn, she asked, into a thing of beauty?So began a seven-year journey to find a more meaningful and helpful take on anxiety. Living out of two suitcases, Sarah travelled the world, meeting with His Holiness The Dalai Lama, with Oprah’ s life coach, with major mental health organizations and hundreds of others in a quest to unravel the knotted ball of wool that is the anxious condition. She emerged with the very best philosophy, science and hacks for thriving with the beast.First, We Make the Beast Beautiful is a small book with a big heart, paving the way for richer, kinder and wiser conversations about anxiety.

作者介绍:

目录:

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标签

英文原版

焦虑症

心理学

一定要读!

评论

没有觉得这本书特别有帮助。书名吸引了我。做下面的事情：时刻感激；吃真正的食物；呼吸；冥想的力量；每天都把床整理好；。外界会影响内心。读下面作者的作品：Study fellow fretters to know thyself. Emily Dickinson, Charles Darwin, and Dr. Martin Luther Jr. all struggled with anxiety.

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书评

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