



# Thin Slices of Anxiety: Observations and Advice to Ease a Worried Mind

*Catherine Lepage*

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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."

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