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Monkey Mind does for anxiety what William Styron's *Darkness Visible* did for depression. (Aaron T. Beck, father of cognitive therapy) You don't need a Jewish mother, or a profound sweating problem, to feel Daniel Smith's pain in *Monkey Mind*.

[Monkey Mind: A Memoir of Anxiety by Daniel B. Smith](#)

Monkey Mind takes a different approach to the issue of anxiety that most books on the topic might choose. The reader is presented with three of the author's significant battles with anxiety and takes the reader from the start (or the perceived start) of the problem through how he has dealt and deals with the anxiety in his life.

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Monkey Mind A Memoir Anxiety book written by Daniel Smith releasend on 2013-06-11 and published by Simon & Schuster. This is one of the best Memoirs Book that contains 224 pages, you can find and read online or download ebook ISBN 9781439177310.

[Monkey Mind: A Memoir of Anxiety - Daniel Smith - Google Books](#)

Daniel Smith's *Monkey Mind* is the stunning articulation of what it is like to live with anxiety. As he travels through anxiety's demonic layers, Smith defangs the disorder with great humor and evocatively expresses its self-destructive absurdities and painful internal coherence.

[Monkey Mind: A Memoir of Anxiety - Psych Central](#)

Daniel Smith describes himself as anxiety personified in his absorbing and humorous memoir *Monkey Mind*. Smith was anxious from birth. Anxiety lurked in his genes.