



Monkey Mind: A Memoir of Anxiety

By Daniel Smith

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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. Aaron Beck, the most influential doctor in modern psychotherapy, says that "*Monkey Mind* does for anxiety what William Styron's *Darkness Visible* did for depression." Neurologist and bestselling writer Oliver Sacks says, "I read *Monkey Mind* with admiration for its bravery and clarity....I broke out into explosive laughter again and again." Here, finally, comes relief and recognition to all those who want someone to put what they feel, or what their loved ones feel, into words.

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Monkey Mind: A Memoir of Anxiety By Daniel Smith Bibliography

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Editorial Review

Unknown

"I read *Monkey Mind* with admiration for its bravery and clarity. Daniel Smith's anxiety is matched by a wonderful sense of the comic, and it is this which makes *Monkey Mind* not only a dark, pain-filled book but a hilariously funny one, too. I broke out into explosive laughter again and again." (Oliver Sacks bestselling author of *The Mind's Eye* and *Musicophilia*)

"*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*. His memoir treats what must be the essential ailment of our time—chronic anxiety—and it does so with wisdom, honesty, and the kind of belly laughs that can only come from troubles transformed." (Chad Harbach author of *The Art of Fielding*)

"Daniel Smith maps the jagged contours of anxiety with such insight, humor and compassion that the result is, oddly, calming. There are countless gems in these pages, including a fresh take on the psycho-pathology of chronic nail biting, an ill-fated ménage a trois—and the funniest perspiration scene since Albert Brooks' sweaty performance in *Broadcast News*. Read this book. You have nothing to lose but your heart palpitations, and your Xanax habit." (Eric Weiner author of *The Geography of Bliss*)

"I don't know Daniel Smith, but I do want to give him a hug. His book is so bracingly honest, so hilarious, so sharp, it's clear there's one thing he doesn't have to be anxious about: Whether or not he's a great writer." (A.J. Jacobs author of *Drop Dead Healthy* and *The Year of Living Biblically*)

"Daniel Smith has written a wise, funny book, a great mix of startling memoir and fascinating medical and literary history, all of it delivered with humor and a true generosity of spirit. I only got anxious in the last part, when I worried the book would end." (Sam Lipsyte author of *Home Land* and *The Ask*)

"In this unforgettable, surprisingly hilarious memoir, journalist and professor Smith chronicles his head-clanging, flop-sweating battles with acute anxiety. . . . He's clear-eyed and funny about his condition's painful absurdities." (People (four stars))

"This book will change the way you think about anxiety.... Daniel Smith's writing dazzled me..... Painful experiences are described with humor, and complex ideas are made accessible.... *Monkey Mind* is a rare gem." (Pittsburgh Post-Gazette)

"*Monkey Mind* is fleet, funny, and productively exhausting." (Ben Greenman The New York Times Book Review)

"Superb writing [and] marvelous humor . . . If you're chronically anxious and want to better explain to a loved one what you're going through, hand them *Monkey Mind*." (Psychology Today)

"You'll laugh out loud many times during Daniel Smith's *Monkey Mind*. . . . In the time-honored tradition of leavening pathos with humor, Smith has managed to create a memoir that doesn't entirely let him off the hook for bad behavior . . . but promotes understanding of the similarly afflicted." (O Magazine)

“The book is one man’s story, but at its core it’s about all of us.” (Booklist)

“[Smith] adroitly dissects his relentless mental and physical symptoms with intelligence and humor. . . . An intelligent, intimate and touching journey through one man’s angst-ridden life.” (The Star Tribune (Minneapolis))

“A true treasure-trove of insight laced with humor and polished prose.” (Kirkus Reviews (starred))

“*Monkey Mind* is a perfect 10.... Hilarious, well-informed and intelligent, Smith conveys the seriousness of his situation without becoming pathetic or unrelatable, and what’s more, he offers useful information for both sufferers and non-sufferers.... He gives us a reason to stay with him on every page.” (Newsday)

“Here’s one less thing for Daniel Smith to worry about: He sure can write. In *Monkey Mind*, a memoir of his lifelong struggles with anxiety, he defangs the experience with a winning combination of humor and understanding.” (Heller McAlpin NPR.org)

“For fellow anxiety-sufferers, it’s like finding an Anne of Green Gables–style kindred spirit.” (New York magazine’s Vulture.com)

“[*Monkey Mind*] will be recognized in the years to come as the preeminent first-person narrative of the anxiously lived life.” (Psychiatric Times)

“[A] hilarious and honest account of living with anxiety.” (Entertainment Weekly)

“Anxiety, unlike its dour partner depression, is funny—a fact not lost on Daniel Smith, whose fluent and festive *Monkey Mind: A Memoir of Anxiety* plunders the disorder’s humor with a buccaneer’s bravado. . . . The book is entertaining, instructive—and it is possibly even healing.” (Wall Street Journal)

Review

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"Daniel Smith has written a wise, funny book, a great mix of startling memoir and fascinating medical and literary history, all of it delivered with humor and a true generosity of spirit." --Sam Lipsyte, author of *Home Land* and *The Ask*

"*Monkey Mind* does for anxiety what William Styron's *Darkness Visible* did for depression." --Aaron T. Beck, award-winning psychiatrist widely regarded as the father of cognitive therapy

About the Author

DANIEL B. SMITH is the author of *Muses, Madmen, and Prophets* and a contributor to numerous publications, including the *American Scholar*, *Atlantic*, *New York Times Magazine*, and *Slate*.

Users Review

From reader reviews:

Clayton Bruce:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent their own spare time to take a move, shopping, or went to the particular Mall. How about open or maybe read a book allowed *Monkey Mind: A Memoir of Anxiety*? Maybe it is to get best activity for you. You realize beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with it is opinion or you have various other opinion?

Cristen Washington:

Reading a e-book can be one of a lot of activity that everyone in the world likes. Do you like reading book therefore. There are a lot of reasons why people fantastic. First reading a book will give you a lot of new data. When you read a publication you will get new information because book is one of a number of ways to share the information or their idea. Second, examining a book will make anyone more imaginative. When you examining a book especially tale fantasy book the author will bring someone to imagine the story how the figures do it anything. Third, you can share your knowledge to other folks. When you read this *Monkey Mind: A Memoir of Anxiety*, you may tells your family, friends as well as soon about yours e-book. Your knowledge can inspire average, make them reading a guide.

Dennis Bales:

A lot of publication has printed but it differs from the others. You can get it by internet on social media. You can choose the very best book for you, science, comic, novel, or whatever simply by searching from it. It is named of book *Monkey Mind: A Memoir of Anxiety*. You can add your knowledge by it. Without departing the printed book, it may add your knowledge and make a person happier to read. It is most important that, you must aware about reserve. It can bring you from one location to other place.

Justin Tapscott:

Some individuals said that they feel bored when they reading a publication. They are directly felt the idea when they get a half regions of the book. You can choose typically the book *Monkey Mind: A Memoir of Anxiety* to make your personal reading is interesting. Your skill of reading talent is developing when you similar to reading. Try to choose very simple book to make you enjoy to learn it and mingle the idea about

book and looking at especially. It is to be initially opinion for you to like to open a book and go through it. Beside that the guide Monkey Mind: A Memoir of Anxiety can to be your brand new friend when you're truly feel alone and confuse in doing what must you're doing of the time.

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