

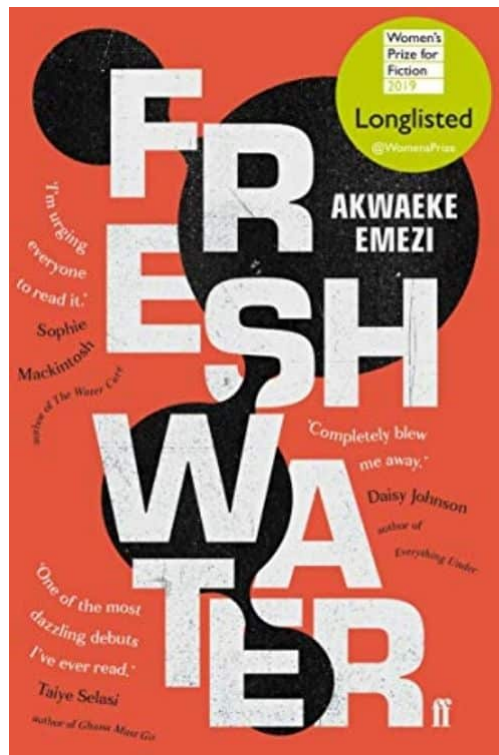


Do you feel like anxiety and worry are following each footstep and action? Do you fear the next step and unfamiliarity? Some of these books are memoirs, some are semi-autobiographical, but all works as a self-help book, and each of these explores it all - romance, age, mental illness, anxiety, religion, friendship, fear, faith, and more. We can overcome anxiety with the help of these books.

Overcome Anxiety with the Help of these Books:

1. Freshwater - Akwaeke Emezi
2. Shook One - Charlamagne Tha God
3. I'm Telling the Truth, But I'm Lying - Bassey Ikpi
4. White Smoke - Tiffany D. Jackson
5. Turtles All the Way Down - John Green
6. Furiously Happy - Jenny Lawson
7. Moving Beyond Anxiety - David Chadwick

Freshwater - Akwaeke Emezi

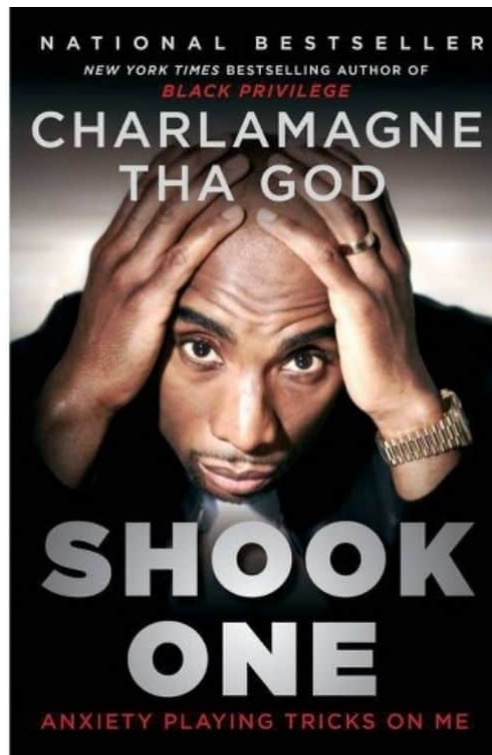


Overcome Anxiety with the Help of these Books - **Freshwater - Akwaeke Emezi**

BUY NOW

This book by Emezi walks around the surreal experience of having a broken self. It focuses on Ada, a young Nigerian woman, who produces divided selves within her as a consequence of being born in the wrong place. It is a raw way of exploring the earth and it enlightens how we all build our identities.

Shook One - Charlamagne Tha God



Shook One - Charlamagne Tha God

BUY NOW

We all fear the future, being a bad dad, being weak, being a bad spouse, and more. In every way and not in every way this book is relatable and hence it will help you to do better in life. 'Shook One' is Charlamagne's journey through these fears and it works for us as a guide to not hold back what we could do because of our anxiety and fear. He talks about his anxiety that has been dwelling since his childhood, rejection from women, unpopularity in school, being ugly, and lastly getting into crime, and more of his life that is tragic and empowering simultaneously.

I'm Telling the Truth, But I'm Lying - Bassey Ikpi



*Overcome Anxiety with the Help of these Books - **I'm Telling the Truth, But I'm Lying***

BUY NOW

This book is a compilation of subjective essays that seek the writer's acquaintance of anxiety and Bipolar II throughout her life. Suffering from these mental issues, made her learn a lot of things and she started sharing them with all. She became an advocate of mental health and spent several years of her life examining how mental health issues are tangled with every surface of our lives.

White Smoke - Tiffany D. Jackson

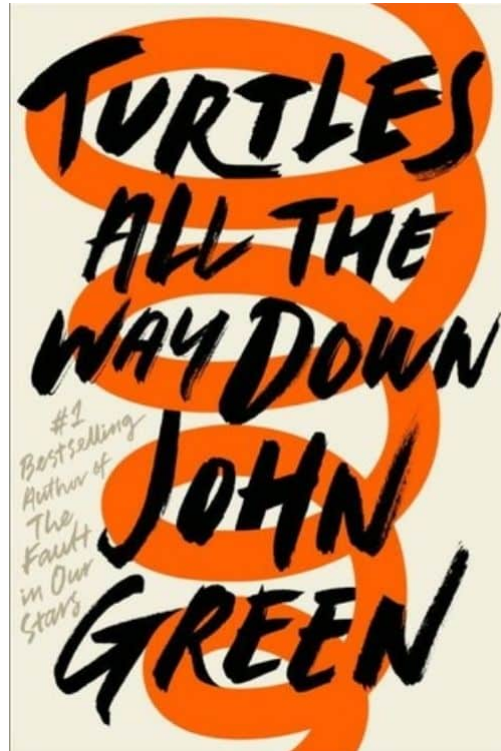


White Smoke - Tiffany D. Jackson

BUY NOW

Marigold is haunted by her past but her new blended family and moving with them from California beach town to Cedarville might be the new start she is looking for. Her mom is getting a new job and a free house along with it, which Marigold has to share with Piper, her bratty 10-year-old stepsister. But this new house and new town are not at all calming or peaceful for Mari as the neighbors have their dark secrets, but that is not even an issue. The house they are in is haunting, the door closes and opens on its own, lights turn off, shadows are seen, and more of such horrifying things occur in this place.

Turtles All the Way Down - John Green

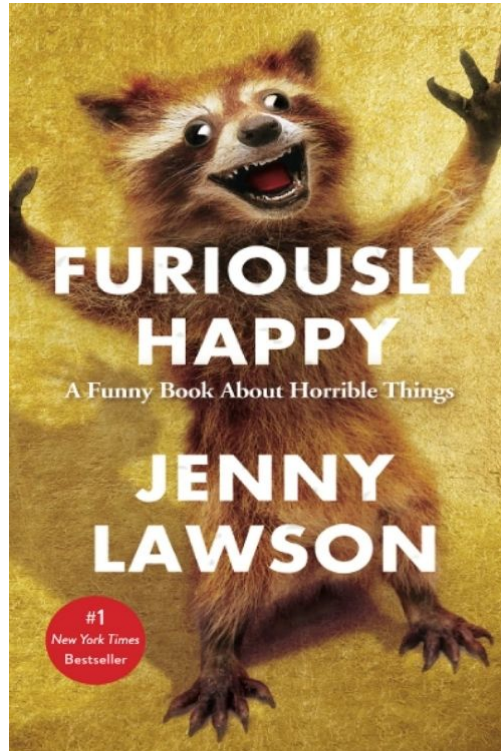


*Overcome Anxiety with the Help of these Books - **Turtles All the Way Down - John Green***

BUY NOW

This book is a young adult novel that tells the story of mental illness with mystery in the background. It is about a lifelong friendship, the closeness of an unexpected reunion, fan fiction of Star Wars, and tuatara. Green utilizes high school friendship, loss, romance, and mystery as the background to the tale that takes us to the mind of a 16-year-old girl who is suffering from anxiety and OCD or Obsessive Compulsive Disorder.

Furiously Happy - Jenny Lawson

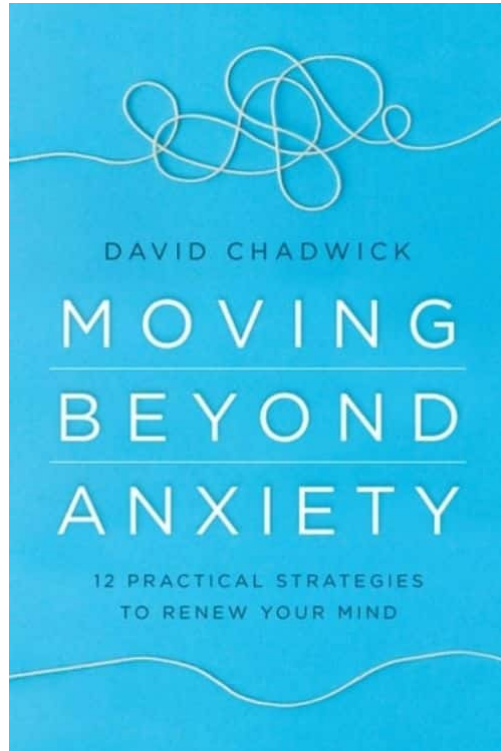


Furiously Happy - Jenny Lawson

BUY NOW

It is a humorous memoir but Jenny Lawson examines her own experience in this book which includes severe depression and other conditions and lets us know how it has led her to dwell to the fullest. The reason why the author chose to write this book was that she was mad that a lot of unbearable things and conditions were thrown at her at once, so she chose to be furiously happy.

Moving Beyond Anxiety - David Chadwick



*Overcome Anxiety with the Help of these Books - **Moving Beyond Anxiety - David Chadwick***

BUY NOW

This book will guide you on how to keep up with your life by having trust in God and exercising your faith daily. Author David Chadwick is going to protect and guide us from our anxiety and help us overcome worries and fears through his 12 ways. All the 12 ways come from scripture and it consists of praying, producing an eternal viewpoint, finding good company, taking care of own health, concentrating on faith, and more.

Also Read: History of Japan: 10 Best Books on Japanese History