

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 a 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 bucaneer’s bravado. . . . The book is entertaining, instructive—and it is possibly even healing.” (Wall Street Journal)

Review
"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 -- anxiety -- and it does so with wisdom, honesty, and the kind of belly laughs that can only come from troubles transformed." --Chad Harbach, *New York Times* bestselling author of *The Art of Fielding*

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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:

Sarita Springer:

The reason? Because this Monkey Mind: A Memoir of Anxiety is an unordinary book that the inside of the book waiting for you to snap it but latter it will shock you with the secret it inside. Reading this book close to it was fantastic author who else write the book in such incredible way makes the content interior easier to understand, entertaining approach but still convey the meaning entirely. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book include such as help improving your ability and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the guide store hurriedly.

Lori Thomas:

Monkey Mind: A Memoir of Anxiety can be one of your starter books that are good idea. All of us recommend that straight away because this publication has good vocabulary which could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort that will put every word into enjoyment arrangement in writing Monkey Mind: A Memoir of Anxiety but doesn't forget the main stage, giving the reader the hottest along with based confirm resource info that maybe you can be one of it. This great information can drawn you into completely new stage of crucial thinking.

Kathi Adamo:

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May Chapa:

Many people said that they feel weary when they reading a guide. They are directly felt the item when they get a half elements of the book. You can choose the actual book Monkey Mind: A Memoir of Anxiety to make your reading is interesting. Your own skill of reading ability is developing when you just like reading. Try to choose easy book to make you enjoy to study it and mingle the impression about book and reading

especially. It is to be 1st opinion for you to like to start a book and examine it. Beside that the publication Monkey Mind: A Memoir of Anxiety can to be your friend when you're sense alone and confuse in what must you're doing of their time.

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