



# Beyond Anxiety

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## **Beyond Anxiety** Thought Catalog

Panic. Smothered. Worry. Silenced. Nervous. Scared. Spiraling. All of the above (and more) can be used to describe the harrowing world that it is to live with an anxiety disorder. With everything from crippling panic attacks to the fear of being judged in social situations, anxiety looks different, and is different to each life that it ultimately effects. This collection peels back the layers of what it's actually like to live and survive every day while coping with anxiety. Inside the essays written by humans just like you dealing with their own anxieties, you'll find honesty, truth, and strength. Because anxiety is a great many things, but beyond it, there is healing.

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