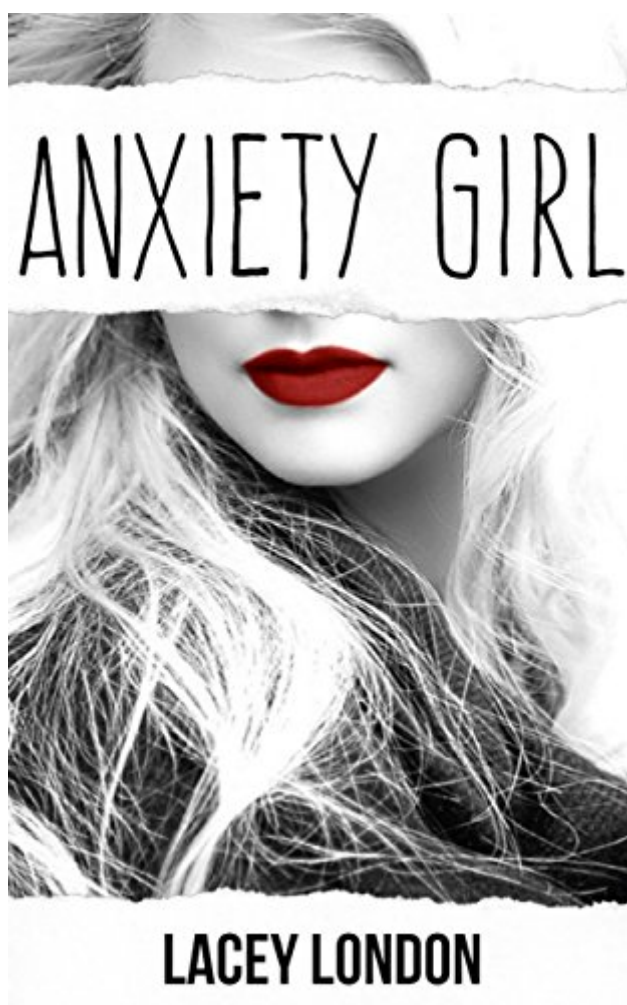


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Anxiety Girl: The Captivating Original Series That Will Have You Hooked... (Sadie Valentine - Book 1)



Synopsis

From the best-selling author of the CLARA ANDREWS series! Sadie Valentine was just like you and I, or so she was. Loving life in the glitzy village of Alderley Edge, Sadie Valentine thought she had it all. With her gay best friend, Aldo, for company, Sadie spends her time sipping bubbles amongst the glitterati in her many local bars and restaurants. However, unbeknown to the outside world, Sadie is battling a broken heart. Keeping her mask in place on a daily basis proves harder than Sadie anticipates and when she is dealt more blows, her positive exterior starts to crumble. Sadie soon realises that sometimes, it's not quite as simple as picking yourself up and carrying on. Once a normal-ish woman, her mental health wasn't something that Sadie ever thought about, but when the three evils, anxiety, panic and depression creep into her life, Sadie wonders if she will ever see the light again. With Aldo by her side, can Sadie crawl out of the impossibly dark hole and take back control of her life? Once you have hit rock bottom, there's only one way to go... The characters in this novel might be fictitious, but the feelings and emotions experienced are very real. Lacey London has spoken publicly about her own struggles with anxiety and hopes that Sadie will help other sufferers realise that there is light at the end of the tunnel. PRAISE FOR ANXIETY GIRL Can't recommend enough- AMAZING! It's another magnificent achievement for Lacey's remarkable pen. Absolutely fantastic read! An eye-opening, thoroughly enjoyable and very relatable read! A fantastic insight into the fear, dread and debilitating illness that is anxiety and depression.

Book Information

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Customer Reviews

Anxiety Girl by Lacey London, 333 pages, SSO Publishing, March 23rd 2017, Genre: Literature & Fiction/Social and Family Issues. Warning: Contains Spoilers. Review by Leigh Holland.

"I don't need help. I don't have depression, anxiety, or any of the other scary words Aldo was spouting last night. I just need to have a positive mental attitude, that's all." Sadie Valentine had a life many would be envious of. Her mother won the lottery in her youth and she's always been financially secure. She's never had to worry about how she'd pay for the basics of life. Her mother even bought Sadie a lavish, large, upscale apartment. Attractive, young, healthy, and stylish, Sadie Valentine should be on top of the world. Right? Changes happen faster than Sadie can wrap her head around them. Her fiancé breaks off the relationship and tosses her out. Her artwork venue ends their business arrangement, cutting off her personal source of income, and she's unable to find a new one. Her relationship with her mother is distant; her mother's idea of warmth is to fly herself to Cancun and improve her tan. Unable to figure out what went wrong in her break-up with Spencer, Sadie goes on drinking binges and serial dates. Nothing seems to lift her mood. After further negative events, Sadie begins suffering from anxiety attacks. I found Sadie likable. I became frustrated with her inability to see that her girlfriends weren't worth her time and weren't really her friends. Those three vipers deserve each other. My favorite character was Aldo. A true, loyal, concerned friend, Aldo had heart. I enjoyed traveling along Sadie's journey with her and seeing her personal transformation. London does an excellent job of describing what those with anxiety suffer. I was impressed by how accurate the descriptions were. Sadie begins her journey with mythical thinking about anxiety and looking at mental illness as a personal deficit of her own character. She doesn't want medication as she believes this will make it real. Sadie doesn't want to believe what's happening to her is real. She tries to be

“strong” by keeping her feelings bottled up and her condition hidden. Along the way, Sadie learns that reacting this way only makes her suffering worse. I enjoyed reading Anxiety Girl. Its core message is that if you’re suffering from anxiety or depression, seek help for what you’re going through, because you’re not alone in this struggle. There’s hope and there’s help. Seeking help doesn’t mean you’re weak-it means you’re stronger than you know. That’s a message I can certainly get behind.

Wow, what a book! If you suffer from anxiety or know someone who does, this is a must read. If you don’t know anyone with anxiety, it’s a great read. Lacey did an amazing job developing Sadie’s character and her friendship with Aldo. This book is a reminder that we should talk about our feelings and not keep them all inside. Can’t wait for her next book!

This book describes my anxiety, panic attacks and depression very much the same. I guess we all suffer different levels. I have been dealing with it for most of my life. I loved some of the advice in the book. I am going to name my anxiety. Great idea!

Very good. She describes anxiety very well. Looking forward to the next in the series.

Definitely one of the best books I have read!! Deals with so much related to anxiety and can help someone see they aren’t alone when going through it!

Decent book but again, like other books by this author, there were way too many holes, deletions and dramatic bombs. As a clinical therapist, I cringed at the depiction of the counselor’s responses to Sadie. And the ending...ummm that’s not how it works. At all (That’s actually more likely an ethical violation). Great idea and theme but far too Harlequin Romance dialogue for me. Was hoping this would be better than the Clara series (book 1 was all the schlock I could handle) but unfortunately, no. If you struggle with anxiety or depression plz get help. Do not suffer in silence. That message is the best part of this book. And if it helps someone to seek treatment, then give it a Pulitzer!! Treatment does work!

Wowwww

Having previously encountered and thoroughly enjoyed Lacey's work in the excellent, lively and consistently entertaining 'Clara' series, I was intrigued to learn that her next book was to take her writing in a different direction. Her new character's name, Sadie Valentine, encouraged me to assume that Lacey was continuing in the Chick Lit genre (which I felt suited her style so well and seemed to be her natural creative environment) but the title 'Anxiety Girl' made me pause for thought. And I'm still thinking . . . I found 'Anxiety Girl' to be a fascinating example of the depth and sincerity of Lacey's impressive talent. Solidly established as a Chick Lit author with such a talent for crafting wonderfully hilarious and uplifting prose and dialogue, at the start of this novel I wondered if Lacey might create opportunities for appropriate humour to gently find its way into the narrative. This never happened. Her subject material is serious, and remains so throughout. Here, I think, is such a fine example of the strength of Lacey's writing. In the absence of humour, the novel remains engaging and readable from start to finish. This is not a self-help manual or psychological or psychiatric academic text; it's a human story about one form of life-changing emotional distress that anyone can experience at any point in a lifetime. Without the distraction of unnecessary symptomatic detail, Lacey touches on the essence of psychological pain, its horrifying power and devastating consequences, and enables the reader to share Sadie's struggle to reclaim her vitality, independence and resilience. This is a moving and often poignant tale. It touches the reader in raw and vulnerable places but also takes the reader to happier times and fosters strength and hope. Is this a new genre? I don't know. But it's entertaining, sometimes desperately sad, very often uplifting and hugely life-affirming. It's another magnificent achievement for Lacey's remarkable pen. I'll never forget it.

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