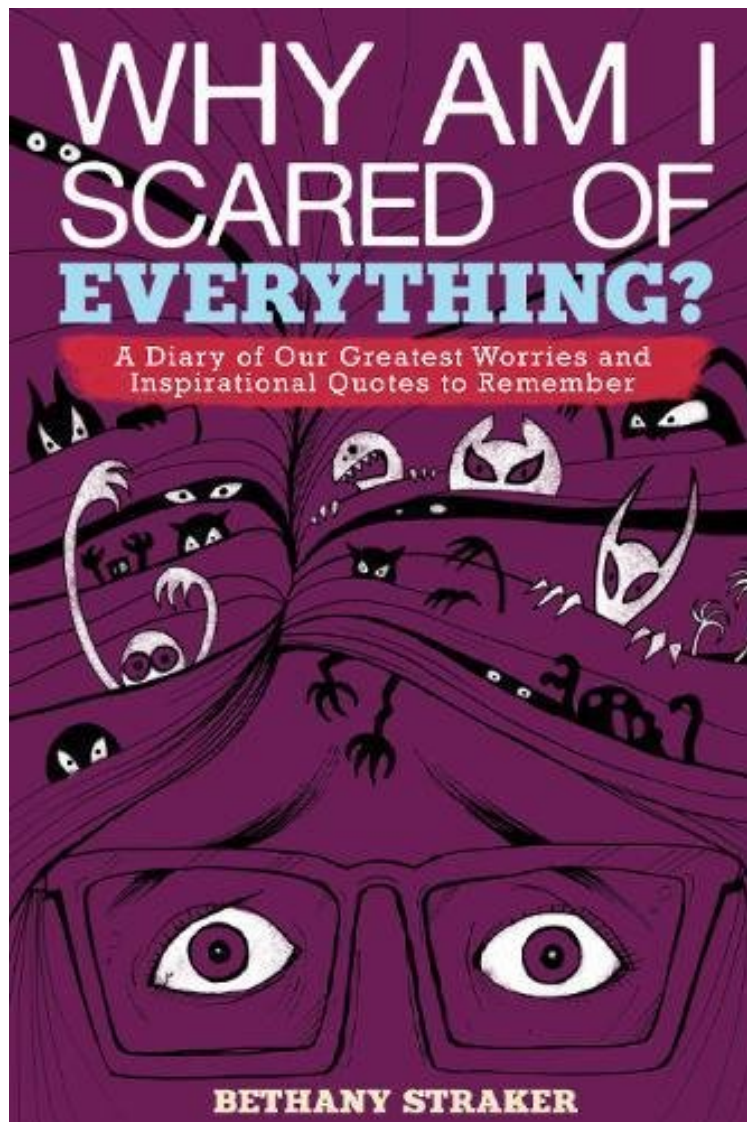


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## Why Am I Scared of Everything?: A Diary of Our Greatest Worries and Inspirational Quotes to Remember

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From Skyhorse Publishing : Why Am I Scared of Everything?: A Diary of Our Greatest Worries and Inspirational Quotes to Remember before purchasing it in order to gage whether or not it would be worth my time, and all praised Why Am I Scared of Everything?: A Diary of Our Greatest Worries and Inspirational Quotes to Remember:

0 of 0 people found the following review helpful. Humor Makes It All BetterBy Michael StephensI absolutely love Bethany's insight and humorous take on common fears and anxieties which everyone can relate to in some way or another. I can actually hear myself echoing some of the same sentiments on the topics she covered. She is a genius writer and illustrator.

Meet Regina Sharpe. She has full-blown anxiety, but she's not alone. More than forty million adults in the United States suffer from anxiety disorders, and women are twice as likely as men to be riddled with unfettered anxiety. Author and illustrator Bethany Straker has had personal experience dealing with anxiety, and wanted to adopt a humorous approach at addressing our common fears. A selection of anxiety-inducing fears highlighted in the book include: Being a failure Aging Changing jobs Having children Flying Becoming a bag lady And many more! With witty illustrations and inspirational quotes on each spread to help any anxiety sufferer get through the tough times, *Why Am I Scared of Everything?* promises to make the reader laugh at his or her own worries while feeling as if they aren't alone in their fears.

About the Author Bethany Straker has illustrated ten books as well as a number of magazines. She likes to use humor to draw her audience in for both her children's and adult books. Her work has been described as "somewhere between the stylings of a Steve Fiorilla and a Mike Judge series" (filmmonthly.com). She enjoys the little visual details that others may not notice, loves drawing the grotesque, and champions the underdog. She lives in Kent, England.