



Living it Up

By Bev Aisbett, Bev Aisbett

HarperCollins Publishers (Australia) Pty Ltd. Paperback. Book Condition: new. BRAND NEW, Living it Up, Bev Aisbett, Bev Aisbett, LIVING IT UP offers further hope and guidance for sufferers of anxiety disorders, and valuable insights for those interested in personal development. What is your "It"? Anger? Fear? Low self-esteem? Depression? Addiction? LIVING It UP, a sequel to the popular LIVING With It: A Survivor's Guide to Panic Attacks, is a guide to surviving anxiety in its many forms - from the overwhelming terror of Panic Disorder to the less intense but equally destructive daily stresses of modern life. Bev Aisbett, a survivor of Panic Disorder, cartoonist and author, presents a fun, easy-to-read guide to life skills required to transform anxiety into a valuable tool for growth and change.



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