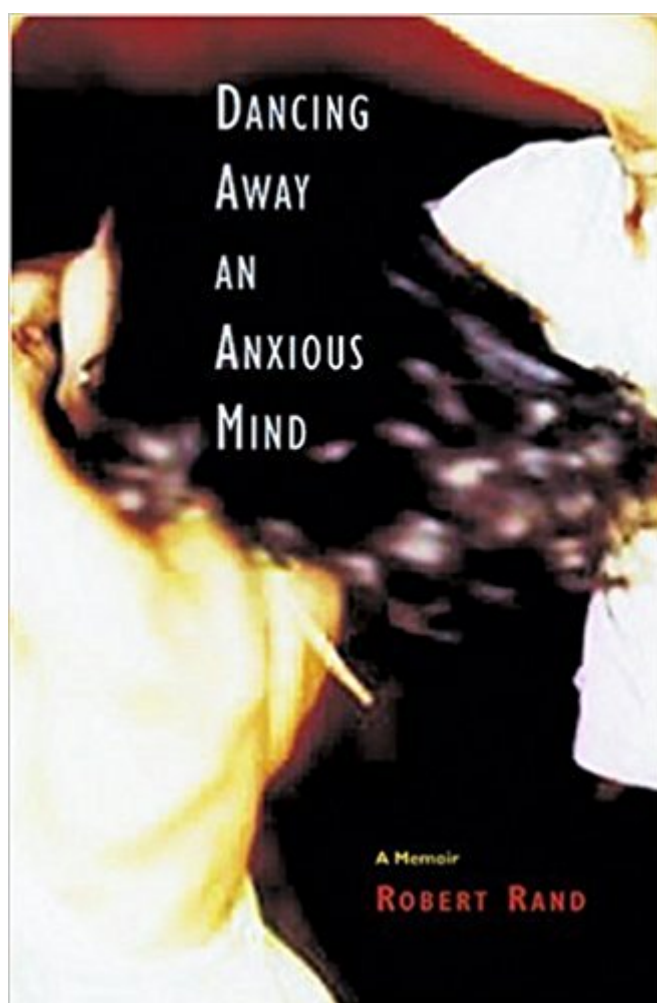


The book was found

Dancing Away An Anxious Mind: A Memoir About Overcoming Panic Disorder



Synopsis

In this engaging memoir, Robert Rand tells the tale of how through dancing he helped free himself from the grip of panic disorder. Rand was a serious, shy, and intense scholar who had achieved national recognition in a career in writing and radio production. In the midst of his success, panic attacks overwhelmed him. For more than two years, he suffered their debilitating effects; the disease flattened his spirits and stripped him of self-confidence. Then he discovered social dancing, and in particular Cajun and zydeco dance and music. Dancing became a cathartic and liberating endeavor, helping him beat back his panic disorder to discover a world of passion and romance and to gain control of his life.

Book Information

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Customer Reviews

"Entertaining in its informative descriptions of Cajun culture and moving in Rand's honest accounts of his struggles with panic, *Dancing Away an Anxious Mind* will encourage readers to focus on their unique interests and desires as means to a life without panic. Rand's book is necessary reading for those who want to learn how to incorporate traditional therapies into their individual journeys."â Cathleen Henning, Editor and Guide, <http://panicdisorder.about.com>

Terrace Books

This would be a fascinating book for someone interested in overcoming panic disorder. But it is actually so much more. If that phrase were not in the title, it would more accurately reflect the book

-- a wonderful entertaining and engaging story about one man's life. I quickly found myself very interested in this author; being drawn in to care about what was happening to him and how he was dealing with it. It's all about how he dealt with his panic disorder, but the telling is far more entertaining than it sounds. He leaves nothing out either -- the funny stuff, the heart breaks, the embarrassment, the girls and the sex. Often, I couldn't put the book down until I had finished a chapter. Rand's descriptive writing is awesome -- rich and flavorful and entertaining. It shows that even a calm, studious, serious fellow can have a very lively and engaging life. In addition, I found his dealing with the racial issues very frank and refreshing. (By way of explanation, Rand took up Zydeco dancing, which is from the Black Cajun culture of Louisiana and he spent considerable time there in the backcountry.) Overall, it was an excellent read. I highly recommend it.

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