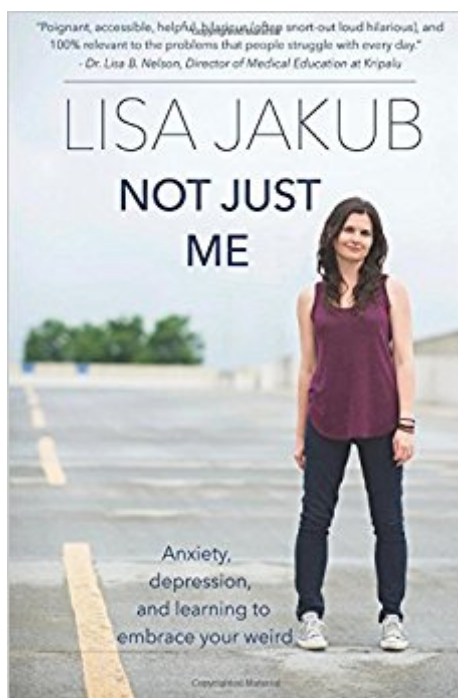


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# Not Just Me: Anxiety, Depression, And Learning To Embrace Your Weird



## Synopsis

Lisa Jakub has always been a little weird. Sensitive. Emotional. Introverted. What else would you expect from a former child actor turned writer? But the issue wasn't just an artistic temperament; Lisa was constantly trying to hide her debilitating anxiety and depression. She assumed that retiring from her eighteen-year acting career and leaving Hollywood was going to be the cure for all of her issues. Guess how that worked out? Lisa was still having three panic attacks a day and found it hard to leave her house. But when anxiety-induced vomiting claimed the life of her iPod--she knew it was time to get help. It was time to talk about the things that are hard to talk about. She started to embrace her weird. In searching for a deeper understanding of mental wellness, Lisa explored her own history and reached out to others to learn how anxiety and depression impacted their lives. She interviewed Veterans with PTSD and ten-year-olds with sensory integration issues, people with eating disorders and cutting habits, those whose lives were saved by medication and those who found yoga to be the answer. She went to Colorado to learn about the effects of cannabis on anxiety, and attended a meditation retreat in North Carolina to sit quietly for hours and hours and hours in "noble silence." Without a phone. *Not Just Me* is a hopeful, entertaining, enlightening look at the root causes of anxiety, the latest research on mood disorders, and ideas for how we can all live authentically with more peace, power, and purpose. Part memoir, part journalistic exploration--this book reminds all of us that we are not alone.

## Book Information

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## Customer Reviews

"Poignant, accessible, helpful, hilarious (often snort-out-loud hilarious), and 100% relevant to the

problems that people struggle with every day."- Dr. Lisa B. Nelson, Director of Medical Education at Kripalu "This is the best practical guide to living with anxiety that I have read. If you suffer from anxiety or love someone who does, read it. This book will change lives. "- Daniel Willingham, Professor of Psychology at the University of Virginia "Lisa Jakub has an exceptionally accessible, honest voice and a wry sense of humor-a great antidote to difficult terrain."- Claudia Kalb, New York Times bestselling author of *Andy Warhol Was a Hoarder: Inside the Minds of History's Great Personalities*.

Lisa Jakub is a writer, speaker, and retired actor. She grew up in Hollywood, as a child actor who appeared in more than forty movies and television shows during her eighteen-year career. She worked on such blockbusters as *Mrs. Doubtfire* and *Independence Day*, as well as critically-acclaimed films such as *Rambling Rose*, *A Walk on the Moon* and *Matinee*. Not wanting to become a child actor stereotype, Lisa retired from the film industry at the age of 22, in search of a path that felt more authentic to her. She moved to Virginia and found that passionate life she was looking for when she became a writer. Her first book was a memoir, *You Look Like That Girl*, which was published in 2015. *Not Just Me* is her second book. Lisa has appeared on HuffPost Live, MSNBC, CTV, BBC and CNN. Her writing has been featured in *Newsweek*, *Today.com*, *Huffington Post*, *NY Daily News*, *DailyMail*, *LA Times*, *Yahoo*, *AOL*, *Parade*, *Elephant Journal*, *Thought Catalog*, *Yoga Magazine* and *US Magazine*. Lisa does speaking events at high schools, colleges, and conferences where she runs workshops about writing, anxiety, mindfulness, and living an authentic life. She is also a Kripalu yoga teacher and loves teaching yoga to people who think they can't do yoga. Lisa lives in Virginia with her husband, Jeremy.

Amazing! This book is a game changer for me. Beautifully written and deeply personal; this book made me feel less alone with my struggles. This book is a blessing to those suffering with anxiety and depression. This book isn't a cure but hope for better days ahead with knowledge and understanding. Mixed with humor and strength; this will be permanently fixed on my on my bookshelf!

While reading, I found myself in equal measure seeing myself in the pages and learning something new about other people. This book, in its conversational tone and immediately accessible language, invites the reader in to a world he may or may not recognize. Either way, it's engrossing. The book covers all forms of mental health topics ranging from food health, drug use

(both prescription and otherwise), and offers many different stories of actual people to really show the reader other worlds which may not be very familiar. Or, sadly, may be all too familiar, reinforcing something we all need to know: we're not alone. But where I found the book most fascinating were her on-the-spot investigative excursions. She travels to a yoga retreat for vets, to Colorado to experiment with the aforementioned fluidly legal substance, she sits down with her own therapist years later to learn more about herself: these sequences feel almost like a documentary in book form, fly-on-the-wall moments to explore other lives which I absolutely adored. Highly recommended for introverts, extroverts and everything in between, Not Just Me is easily my new favorite book of the year from my new favorite author.

Lisa has such a wonderful writing style that makes you feel as if you've known her forever. Her personal stories of her struggle with anxiety and depression really touched me. She is so honest and open (not to mention funny...I found myself laughing out loud several times) and makes you feel comforted to know she has gone through so much and figured out some ways to live a happy and healthy life. I myself have dealt with anxiety and depression for 20+ years and was so moved by her honesty that I cried in a few parts. Not only does Lisa detail her own struggle with anxiety and depression, she also has several passages in which she interviews others who have dealt with similar issues and offers a lot of easy-to-understand information behind the science of depression and anxiety. She also offers a non-judgmental, non-biased breakdown of different ways to deal with anxiety and depression (including medication vs. non-medication). I can't say enough good things about this book.

Ms. Jakub expertly weaves tales of her personal demons with some very surprising facts about depression, making for a fascinating read about a difficult topic. She takes a very intricate subject and addresses it plainly in a way that is helpful not only to those facing depression, but for people who may be dealing with those with depression. Her detailed coping tips are much appreciated, and they are presented in such a way as to make it easy to employ them during even the busiest days. The title rings true as well. The author realizes how many people think they are the only ones to experience the debilitating effects of depression, constantly reminding them they are not alone. There is comfort in that.

Lisa has such an accessible and friendly tone. On a topic requiring tremendous gentleness, her voice jumps off the page as a compassionate friend having a cup of chamomile tea while

challenging you to consider ways to make your own life easier. This book was autodelivered to my kindle at midnight on the 8th, and despite working full time and raising 2 active kids, I've finished it. If you're feeling anxiety, pick it up and see some of Lisa's practical suggestions to make your life compatible with your "weirdness".

Wow. Seriously if you have any issues with anxiety or depression (don't we all at some level?!) get this book. I believe this to be the best book on the subject that has been written. It has excellent information that I am already able to use, and it's really funny and engaging. The thought of reading a book about depression doesn't sound super fun, but honestly it's a hilarious and great story as well!

Lisa is a marvelous, knowledgeable writer. She is also a human being who suffers from anxiety. She offers proven tips on making it through some tough times while sharing herself with us in an engaging and entertaining way. I learned a lot from this book. I also laughed and cried my way through it. I highly recommend this book!

This book is life changing. I have so many similar experiences with my anxiety and depression and the suggestions in this book are really helpful! Lisa is an amazing writer and the way she puts things makes it feel like you're listening to your best friend. This book is seriously amazing and I'm incredibly happy I bought it.

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