

# Forgetting To Be Afraid: A Memoir of Overcoming Anxiety and Depression

Nina Kenwood's memoir *Forgetting to Be Afraid* is a raw and honest account of her journey to overcome anxiety and depression. Kenwood's writing is both personal and universal, as she shares her own experiences with mental illness while also offering insights that can help anyone who has ever struggled with fear or anxiety.

Kenwood begins her memoir by describing her childhood, which was marked by anxiety and fear. She was afraid of everything, from spiders to the dark to social situations. As she got older, her anxiety only worsened, and she began to experience panic attacks and depression.

Kenwood's life was turned upside down by her mental illness. She dropped out of school, lost her job, and isolated herself from her friends and family. She felt like a failure, and she was convinced that she would never be able to live a normal life.



## Forgetting to Be Afraid: A Memoir by Wendy Davis

★★★★☆ 4.6 out of 5

Language : English  
File size : 23800 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 307 pages



But Kenwood refused to give up. She sought therapy, and she began to learn how to manage her anxiety and depression. She also started writing, and she found that writing helped her to process her emotions and make sense of her experiences.

Through writing, Kenwood began to discover her own strength and resilience. She realized that she was not alone in her struggles, and she found hope in the stories of others who had overcome mental illness.

Kenwood's memoir is a powerful and inspiring story of overcoming adversity. It is a must-read for anyone who has ever struggled with mental illness, and it is a reminder that even in the darkest of times, there is always hope.

- **The importance of seeking help.** Kenwood's journey to recovery began when she sought professional help. She encourages others who are struggling with mental illness to do the same.
- **The power of writing.** Writing was a therapeutic outlet for Kenwood. It helped her to process her emotions and make sense of her experiences.
- **The importance of self-care.** Kenwood learned that self-care is essential for managing mental illness. She encourages others to take care of their physical and mental health.
- **The power of hope.** Kenwood's memoir is a story of hope. She shows that even in the darkest of times, there is always hope for recovery.

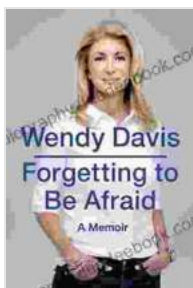
*Forgetting to Be Afraid* is a powerful and inspiring memoir that offers hope and guidance to anyone who has ever struggled with fear or anxiety.

Kenwood's writing is both personal and universal, and she shares her own experiences with mental illness while also offering insights that can help anyone who is struggling.

If you are struggling with mental illness, Kenwood's memoir can help you to feel less alone and to find the strength to seek help. If you are not struggling with mental illness, Kenwood's memoir can help you to understand the challenges that people with mental illness face.

*Forgetting to Be Afraid* is a must-read for anyone who wants to learn more about mental illness, hope, and resilience.

Nina Kenwood is a writer, speaker, and mental health advocate. She is the author of the memoir *Forgetting to Be Afraid* and the co-author of the book *The Anxiety Workbook*. Kenwood has spoken about her experiences with mental illness to audiences around the world. She is passionate about helping others to overcome fear and anxiety and to live full and meaningful lives.



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