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— Daniel Smith, Monkey Mind: A Memoir of Anxiety "First, contrary to popular belief, Buddhists can actually be very anxious people. That's often why they become Buddhists in the first place. Buddhism was made for the anxious like Christianity was made for the downtrodden or AA for the addicted.

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'Monkey Mind' is a very interesting book but let me make something clear...it's a memoir of the author and not anxiety. What do I mean? Well, the story is told through the eyes of the author (obviously) but focuses a lot on his life, including when he lost his virginity, his relationship with his mother, his career in fact-checking and writing, and eventually his relationship with his now wife, Joanna.

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