

# Monkey Mind DANIEL SMITH

Read by Paul Michael Garcia

We all think we know what being anxious feels like—it is the instinct that made us run from wolves in the prehistoric age and pushes us to perform in the modern one—but for forty million American adults, anxiety is an insidious condition that defines daily life. Yet no popular memoir has been written about that experience until now.

In *Monkey Mind*, Daniel Smith brilliantly articulates what it is like to live with anxiety, defanging the disease with humor, traveling through its demonic layers, evocatively expressing both its painful internal coherence and its absurdities. He also draws on its most storied sufferers to trace anxiety's intellectual history and its influence on our time. Here, finally, comes relief and recognition to millions of people who have wanted someone to put into words what they and their loved ones feel.

"[Smith's] book is so bracingly honest, so hilarious, so sharp, it's clear there's one thing he doesn't have to be anxious about: whether or not he's a great writer."

—A. J. Jacobs, *New York Times* bestselling author

"Treats what must be the essential ailment of our time—anxiety—and it does so with wisdom, honesty, and the kind of belly laughs that can only come from troubles transformed."

—Chad Harbach, *New York Times* bestselling author of *The Art of Fielding*

"I read *Monkey Mind* with admiration for its bravery and clarity. Daniel Smith's anxiety is matched by a wonderful sense of the comic, and it is this which makes *Monkey Mind* not only a dark, pain-filled book but a hilariously funny one too. I broke out into explosive laughter again and again."

—Oliver Sachs, bestselling author of *The Mind's Eye*

DANIEL B. SMITH is the author of *Muses, Madmen, and Prophets* and a contributor to numerous publications, including the *American Scholar*, *Atlantic*, *New York Times Magazine*, and *Slate*.

Running Time: 7½ Hours • Unabridged

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Monkey Mind



DANIEL SMITH

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