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If you need hope and practical tips for overcoming anxiety and panic attacks - it's HERE from Tawanna Anderson's own experience and recovery

In Anxiety Is Not Me,
TaWanna will assist you in understanding, identifying and resolving issues of mental illness by revealing her own tried and true strategies.

Flint, MI - *Anxiety Is Not Me*, TaWanna was diagnosed with Generalized Anxiety Disorder, Depression and PTSD in 2016. Her world went to shambles right along with her family. We were clueless due to mental illness being such a stigma in our community. She doesn't have a degree, but what she does have is years of experience dealing with this disorder and finally functioning without medication, due to following the tips that are in this book. So here are 60 tips to go from, "Why me?" to, "This can't stop me!"

TaWanna's transparency about her own personal experience with mental health issues, paired with her, "Do it scared!" motto, has helped propel much-needed conversations in the Black community about the importance of mental wellness. Since beginning her work in the mental health field, TaWanna has received acknowledgements and awards from the city of Flint, including the Black Girls Rock Survivor Award, the 2019 Builder Award, and the Helping Others Heal Award. She currently resides in Flint with her two daughters.

If you sense that you might need help, or you are a family member, or friend of someone who does, you might find answers in this warm and readable book, which include:

- What Is This?
- What Can I Do?
- And This Too
- What Should I Take?
- Oh, My Anxiety
- What Can You Do?

About TaWanna Anderson:

TaWanna Anderson is co-founder of the encouraging organization, WhenUPray, and creator of The Mind Ya Mental Experience, a platform dedicated to providing online and hands-on resources for mental wellness. With an Associate of Applied Science (AAS) degree under her belt and certification from Mental Health First Aid, she uses her knowledge and compassion to help spread awareness about mental health in her community.

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For additional information on TaWanna Anderson, visit

<https://www.Mindymentalexperience.com>

To schedule an interview with TaWanna Anderson, email info@whenupray.com or call **810-513-7506**