

# Rae My True Story of Fear, Anxiety, and Social Phobia Louder Than Words

Filesize: 6.05 MB

# Reviews

It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out. (Dr. Kayden Gerlach)

### RAE MY TRUE STORY OF FEAR, ANXIETY, AND SOCIAL PHOBIA LOUDER THAN WORDS



HCI Teens. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 6.0in. x 5.0in. x 0.5in.Rae is beyond socially awkward. Since she was a little girl, Rae Swiggett knew something was different about her. The sound of planes flying overhead could spark a panic attack. Being called on in class was enough to push her over the edge. She feared the unknown, life, death, people . . . even fear itself. By the time she reached ninth grade, Rae was muddling through life in relative silence, convinced everyone was mocking her, judging her, picking her apart, bit by little bit. Rae knew she couldnt keep going on this way. She knew something had to give. Its a game of catch-22 I constantly play with myself. If I keep acting normal, I hope one day I will be, but every time I try, I just let myself down. Im so entirely sick of this game. Because Truth Is More Fascinating Than Fiction www. louderthanwordsbooks. com This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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