

KIND OF COPING

an illustrated look at life with anxiety



by Maureen "Marzi" Wilson

Maureen Marzi Wilson

Kind of Coping: An Illustrated Look at Life with Anxiety



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Maureen “ Whether it’ Wilson—the favorite Instagram cartoonist behind Introvert Doodles—is back with a brand-new assortment of hilarious, relatable, and heartwarming doodles about anxiousness that demonstrate that you are not by yourself. With over 150 full-color doodles that deliver hope and motivation, unconditional support, and big laughs, let Marzi talk about her trip with you. t it end up being nice to have somebody around that understood just what you were going right through? In Kind of Coping, join Marzi as she (kind of) copes with her very own anxiety from daily, finding the humor in her condition with this collection of funny, encouraging, and supportive comics that show you the best that can be done occasionally is merely sort of cope—wouldn’s you against the globe all the time. Match Marzi! She struggles with stress just like you. Sometimes, your anxiety could be too much to handle all at once—and that’s totally OK!Marzi”s a panic attack or an awkward public snafu, Marzi knows what you are heading through. If you struggle with panic, you may feel like it’



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