

When My Mind Winds Up by Jennifer Ervig

A Book Review by Melisa Turner

The first step to overcoming anxiety is to be willing to admit you struggle. Ervig says “I promise you will be locked in the grip of your anxiety prison unless you start becoming totally...honest.” I received an advanced pdf copy of *When My Mind Winds Up* by Jennifer Ervig and I am so very glad I did. Anxiety can be hard to define as it can look so different from one person to another. I used to think of myself as an angry person. As I have grown older and matured I can see now how often what made me feel frustration were the places I felt great anxiety. I have developed ways to manage and balance my life, my schedule, my reactions and I have learned to be very, very self-aware. “Taking these steps is important because self awareness leads to clarity and health.” All of these tools, skills, and practical applications are explored by Ervig in order to help you find your best self. Some of those options for overcoming are found in service to others. Jen says “...the key to overcoming anxiety and depression is to focus on anyone but you.”

Jennifer has a very personable and conversational writing style. You easily hear her voice and respond to her unique sense of humor. *When My Mind Winds Up* is to the point and pulls no punches. Each chapter is written with the goal in mind of finding freedom from anxiety and always points the reader to Jesus. “...those who experience deep joy don’t run from what ails them, but may even lean into it while keeping their focus on Christ.”

Ervig clearly tells us in a youthful and fresh way that anxiety doesn’t have to plague our lives, Jesus has the answers.