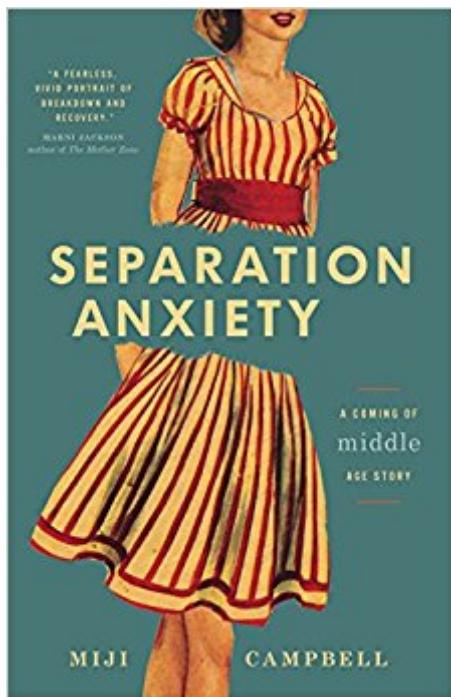


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# Separation Anxiety: A Coming-of-Middle-Age Story



## Synopsis

The woman in this book is not famous. The events of her life are not tragic. The setting is not exotic. This is an ordinary story. Which makes it an extraordinary memoir. Miji Campbell grew up in a close-knit family in the 1960s and 70s. The youngest of three girls, she was raised under her parents watchful eye, in a middle-class Calgary suburb called Kingsland. Her life proceeds in an orderly fashion: coming-of-age, university, first job, first apartment and then suddenly, inexplicably, it begins to unravel. Night after night, Miji wrestles with insomnia and increasing anxiousness. Despite her independent spirit, she yearns for her mothers presence and feels overcome by homesickness. These anxious feelings will haunt her through career, marriage, and the birth of her children. Its not until middle age that Miji learns she has an anxiety disorder and finds ways to quiet her mind and body. Through acts of courage and grace, she learns to stand tentatively, hopefully on her own. Beautifully written, insightful and funny, *Separation Anxiety* chronicles the pivotal moments in a womans life where she lets go of her childhood beliefs about happily ever after, and discovers her true self. Anyone who has struggled with anxiety and depression will be consoled by the authors fearless, vivid portrait of breakdown and recovery. Marni Jackson, author of *The Mother Zone*. An honest and courageous memoir. The narrator's voice sparkles with intelligence, with a sharply observant eye, and with a quirky, wry sense of humour. She charts the ties that bind, sometimes far too tightly, the bond of love between mother and daughter."''' Wendy Donawa, co-author of *Reading Canada*.

## Book Information

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (4 customer reviews)

Best Sellers Rank: #1,996,263 in Books (See Top 100 in Books) #530 inÂ Books > Self-Help > Mid-Life #19334 inÂ Books > Biographies & Memoirs > Specific Groups > Women #46866 inÂ Books > Biographies & Memoirs > Memoirs

## Customer Reviews

Mindy Kaling meets Tina Fey meets regular middle-aged Canadian girl next door. Miji's story of growing up in a middle-class Calgary neighbourhood in the 60s and 70s, going to university, getting married, having kids, getting divorced and finding her way is not a run of the mill story. She's funny, offbeat and insightful in her observations of the dynamic between her parents, between her and her sisters, and herself and the world at large. Controlling depression and anxiety get away from her but Miji's story is still triumphant, even when she hits bottom. A great read. I would recommend it to all my female friends 30-50. Of course I'd recommend it more broadly as well but I think the closer you are to 45, the more cultural references you'll get and the more social cues you'll recognize in our own life.

Thoroughly enjoyed reading this memoir of growing up in Alberta, struggling with anxiety, and finding her way. Miji Campbell has done a super job of finding that sweet spot between the personal and the universal. Her writing blends just the right amount of humour, reflection and seriousness. Can't wait to see what she has in store for her readers next!

Well written! Great details on childhood in Kingsland. The authors Journey into adulthood struggling with anxiety is vividly described through her relationships with family, friends, and milestone events. I am sure many will relate parts of the book to their own life journey.

Wow! I didn't realize the writer went school with me. Excellent read. All read on my iPhone.

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