

MY ROOMMATE, ANXIETY

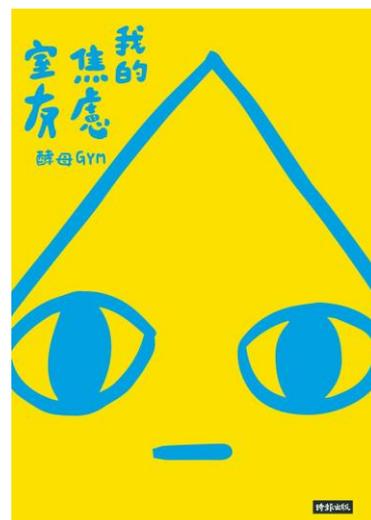
我的焦慮室友

This uproariously intensitive graphic novel helps raise awareness of mental health issues by casting "Anxiety" as a character who follows his roommate around interfering in all of his daily activities.

Nian is an ordinary office worker, living an ordinary life, until one day he comes home to discover he has a new roommate, Anxiety.

Anxiety follows Nian wherever he goes, amplifying his worries and destroying his concentration. No matter how hard Nian tries, he can't seem to shake Anxiety off his tail! Soon Nian is sinking under a deluge of work deadlines, after-hours requests from his boss, petty fantasies involving his coworkers, and irrational fears of missing out on social media updates. All of this conspires to keep him in a constant state of anxiety and confusion. Then, one day, Anxiety mysteriously disappears, only to be replaced by another roommate: Mega-Anxiety! It seems that Nian's days of worry, fear, desperation, and panic have only just begun....

Adapted from the real-life experiences of one of its creators, *My Roommate, Anxiety*, is an outrageously funny graphic novel that casts generalized anxiety disorder as one of the main characters. The story reveals the ups and downs of living with anxiety via relatable scenarios familiar to all readers. A concluding essay by a psychiatrist helps readers learn to recognize the symptoms of generalized anxiety disorder, and the best strategies for treating it. The creative studio behind *My Roommate, Anxiety* hopes their work will bring comfort to everyone struggling with emotional issues in these challenging times, and inspire them to find their own ways to cope with anxiety and worry.



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yeastGYM 酵母 GYM

yeastGYM is a comic book studio founded by Rockat, Fuzzy Pig, and Jiji.

Rockat: Project Coordinator

A graduate of National Taiwan University of Arts, Rockat is a professional comic book artist and 2016 recipient of Japan's International Manga Award. His best-known work is the manga series *Demo#1*.

Fuzzy Pig: Writer

Illustration agent who used to study at the College of Design at National Taipei University of Technology, Fuzzy Pig only recently began to pen his own works, including *Fuzzy Pig: Diary of an Illustration Agent*.

Jiji: Artist

Jiji is a freelance comic book artist and illustrator best known for her work *Brides, Weddings & Li*.