

Episode #030 A Face of Anxiety

This week Charlie brings on Trish Barillas, published author, professional life coach, anxiety expert, and his wife. Mental illness can often feel like a shameful secret that must be kept in the shadows. Trish and Charlie talk about her lifetime dealing with General Anxiety Disorder, her journey with medication, and the tools she has developed to help others who suffer with severe anxiety. Navigating a creative life has many challenges, and mental illness can be crippling if it is not addressed in pro-active way. For anyone looking for insight on how to live with anxiety, this episode will definitely remind you that you are not alone. You can follow CBP on Instagram @creatingbehavior, and the Maggie Flanigan Studio @maggieflaniganstudio. Leave a message for Charlie through SpeakPipe at <https://www.creatingbehaviorpodcast.com>

- **Trish Barillas**

- <https://trishbarillas.com>

- <https://www.amazon.com/Face-Anxiety-Embrace-Take-Back/dp/1541248651>

- **Sarah Wilson**

- <https://www.sarahwilson.com/welcome-to-first-we-make-the-beast-beautiful/>

- **Is Fred in the Refrigerator**

- <https://www.shalanicely.com/books/fred-ocd/>

- **At Last a Llife**

- https://anxietynomore.co.uk/the_book/

- **Intagram Suggestions**

- @anxietyjosh