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Print ISSN 0034-8678; Online ISSN: 2559 - 639X

**CHRISTOPHE ANDRE AND MUZO, I OVERCOME MY
ANXIETY AND FEAR. Bucharest, Trei Publishing House,
2021, 264 pages, ISBN 978-606-401-182-4**

CHRISTOPHE ANDRE ȘI MUZO, ÎMI DEPĂȘESC ANXIETATEA ȘI FRICA. București,
Editura Trei, 2021, 264 pagini, ISBN 978-606-401-182-4

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Journal of Pedagogy, 2022 (1), 163 – 166

<https://doi.org/10.26755/RevPed/2022.1/163>

The online version of this article can be found at: <https://revped.ise.ro/rp-2022-1/>



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Published by:

**CENTRUL NAȚIONAL DE POLITICI ȘI EVALUARE ÎN EDUCAȚIE
UNITATEA DE CERCETARE ÎN EDUCAȚIE**

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More than ever, pandemics (and, more recently, war) can upset the sometimes fragile mental balance of human beings. Man's need for security is sorely tested at such times. Anxiety and fear are also an integral part of the human-environment interaction in such contexts. The literature is constantly being supplemented by studies and works that show interdependencies, highlight causes, offer suggestions and solutions. The publication, in the Romanian translation, of *I Overcome My Anxiety and Fear* satisfies a deep need for security and meaning and, at the same time, provides a useful working tool for mental health and education professionals.

The book *I Overcome My Anxiety and Fear* was published by Trei Publishing House in 2021. It is written by Christophe Andre, a psychotherapist and psychiatrist at the Saint-Anne Hospital in Paris, specialized in the treatment and prevention of emotional disorders (anxiety and depression) and professor at the Paris Nanterre University, and Muzo, a French painter and cartoonist with more than two decades of experience in publishing, having illustrated more than thirty books for children. Meanwhile, Muzo's paintings are featured in exhibitions throughout France and beyond. Christophe Andre has written a long series of books, most of which have been translated into Romanian: *How to Deal with Difficult Personalities* (2003 - in collaboration with Francois Lelord), *The Psychology of Fear. Fears, Anxieties and Phobias* (2004), *How to Build Your Happiness* (2014), *3 Minutes of Meditation* (2018), *Imperfect, Free and Happy* (2019), *The Inner Life* (2019).

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Muzo has also collaborated with Andre on the book *I Heal Myself from Complexes and Depressions*.

Aimed at specialists and beyond, the book seems to be based on Gardner's theory of multiple intelligences, the reader has access to information through numerous "gateways", whether visual-spatial, logical-mathematical, interpersonal or intrapersonal. Moreover, the book seems to comply with the hygiene of writing, by alternating images with text, it contains a series of "cognitive organisers", as Ausubel would say, which turns it into a veritable anxiety manual. And if we consider how J. A. Comenius, the so-called "father of pedagogy", suggested to organize the content of his textbooks with a view to teaching "everyone, everything, thoroughly", we notice how the authors also structure the content by levels of understanding. The reader of different ages can understand the content of the book with the specific means provided by its structure; each new reading offers the opportunity to delve deeper by accessing the multitude of psycho-pedagogical resources provided by the book.

The book is further proof of success by its appeal to transdisciplinary interactions, the two authors, a painter and a psychiatrist-psychotherapist generating added value for the vast territory of psychopathology.

Structured into five main chapters, an introduction and specialist recommendations "*for (even) more information*", the book runs for 264 pages. Each of the five chapters is subdivided into four or five further sections. During the first part of the introduction, the book's content is organized in a way that everyone can understand, in the form of short and clear questions: "*Are you the kind of person who, at the slightest worry, doesn't get any shut-eye all night long? Do you get stage fright when you are listened to or watched by more than two people? Do you dread travelling on a plane, on the subway, getting into an elevator? Can't stand dogs, pigeons, insects? Do you feel suffocated by the crowds at the checkout or in traffic jams? Do you tend to wash your hands too often, always check that you've locked the front door, conform to absurd superstitions?*"

Bonjour, Anxiety! From Petty Worries to Generalized Anxiety is the title given by the two authors to their first chapter. And immediately the next two pages illustrate an example of anxious behaviour, a valuable preamble to deciphering the content that follows. The drawings accurately capture the

emotional complexity, and the brief conversation of the two characters in the pictures is a quintessence of the behaviour of an anxious person in everyday interactions.

The subchapters of the first part address the problem of defining anxiety (1. *Worries and Anxieties: What Is Anxiety?*), capture features of anxious personalities with perceived shortcomings and advantages (2. *Anxious Personalities*), define generalized anxiety, with characteristics of this condition, with arguments supporting generalized anxiety as a real illness (3. *Hyperactivity Disorder: GAD or Generalized Anxiety Disorder*). Subchapter 4, *Causes of Anxiety*, deals with human evolution, genetic inheritance, mistakes in education, societal guilt and fear of death. Subchapter 5, the last one, is called *Some Tips on How Not to Let Anxiety Take Over Completely* and is structured as a series of suggestive exhortations, directly inviting to action, and which can be seen as simple solutions, within anyone's reach: *Take Care of Yourself: Relax!*, *Enjoy the Good Times*, *Change Your Lifestyle*, to name but a few, and last but not least, *Seek Professional Help When Needed*. The comics accompanying the theoretical content of the book depict the hypothetical dialogue between the characters and some of them are full of humour. This quality enhances their importance by giving them therapeutic value through the paradox of their content. In other cases, the drawings briefly present the theoretical content highlighted in the chapter.

The second chapter is suggestively titled *Hell Is the Others*. This section deals with social anxiety. *What Is Social Anxiety?*, *Pathological Social Anxiety: Social Phobia*, *What Does Social Anxiety Stem From?*, *How to Get Rid of Social Anxiety?* are the subchapters that specifically detail the content of this chapter. As in the previous chapter, the rigorous theoretical content presented in the text is complemented by comic strips which are not only humorous, but also ironic in their content, and activate the resources that every person in anxious situations and beyond has at hand at all times.

Chapter three of the book, *With Fear in My Heart. Everyday Fears and Phobias*, introduces readers to the issues of fear and phobias. In this chapter, there is an illustrated dictionary of phobias, a content that clarifies, problematizes and intrigues at the same time. One learns and, at the same time, deepens the knowledge by being challenged to consult an extensive bibliography in detail.

It takes a little time to get an overview of the book, and a lot of time to study the content in depth, following the psycho-pedagogical path that the authors suggest.

Getting to Chapter 4, if the reader was beginning to feel overwhelmed by the theoretical and practical challenges, the title is quite encouraging: *Don't Panic!* One then learns that *Anyone Can Suffer Panic Attacks...*, and then learns about *Panic Disorder*, *Agoraphobia*, *Causes of Panic Disorder and Agoraphobia* in the first four subchapters, while the final subchapter, *Manage Your Panic and Agoraphobia*, comes to provide first aid solutions.

Surely many of us have met people whose words have intrigued us: “*If there’s one thing I can’t stand, it’s carelessly turning the pages! Turn the page at the corner, please!*” or “*If I inhale, I’m likely to let thousands of germs into my body!*”, “*I feel like I’m going out of my mind! I’ve got to check 20 times to make sure I’ve got my medicine!*”. These are just some of the examples found in the last chapter of the book called *Tics and Obsessive-Compulsive Disorder (OCD). Manias, Obsessions and Fixed Ideas*.

Are you passionate about psychology, are you a psychologist, psychotherapist or parent, does your job involve working with people? Are you in a process of self-awareness? Have you met people who behave “strangely” and been puzzled? Does the social reality you are experiencing scare you and do you feel things are getting out of control? If yes, this book is for you.

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