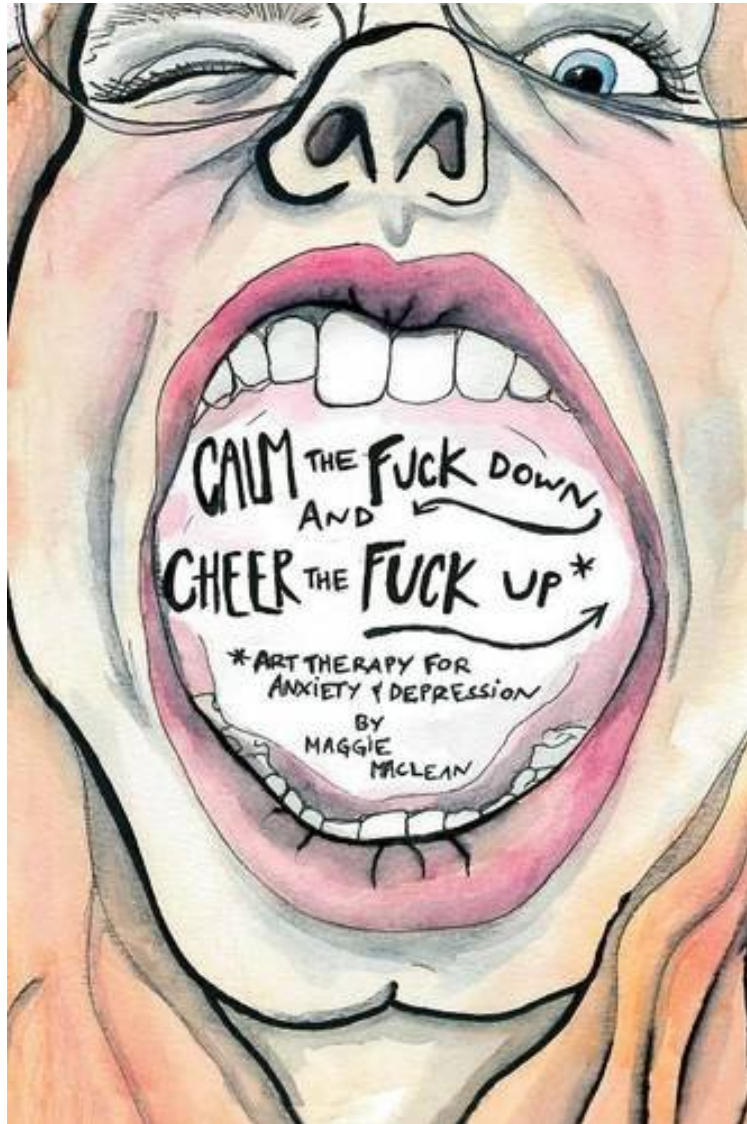


# Calm the Fuck Down and Cheer the Fuck Up: Art Therapy for Anxiety and Depression

Margaret MacLean

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**Margaret MacLean : Calm the Fuck Down and Cheer the Fuck Up: Art Therapy for Anxiety and Depression** before purchasing it in order to gage whether or not it would be worth my time, and all praised Calm the Fuck Down and Cheer the Fuck Up: Art Therapy for Anxiety and Depression:

A graphic memoir about living with anxiety and depression and how art can be a therapeutic form of self-care.