

READING FOR WELL-BEING COMMUNITY BOOK CLUB KIT

Good Anxiety: Harnessing the power of the most misunderstood emotion
by Dr. Wendy Suzuki (2021, published by Atria Books) - August 2025

DISCUSSION QUESTIONS

- 1) Have you tried any of the strategies to make the shift toward good anxiety?
- 2) What strategies resonate with you?
- 3) Have you noticed any changes in how you experience “anxiety”?
- 4) Has your well-being improved?

READING TIP

To enhance your reading experience - consider your needs and motivations for reading. Are you reading to relax, to learn more about a subject, or to lose yourself in a story? Make sure to check in with yourself, and select books that are in line with your needs and motivations!

SUMMER RECIPE



Easy Peach Cobbler

You'll make this easy peach cobbler recipe again & again! Because juicy peaches + buttery topping + vanilla ice cream = a match made in heaven.

Learn how to make it here:

<https://www.loveandlemons.com/peach-cobbler/>

WELL-BEING TIP

Although spending time with others is important for well-being, spending time alone can also be beneficial! Spending time alone allows you to do whatever you want, without fear of being judged by others. In solitude you can relax, learn a new skill, or spend time reflecting inward. When time alone is sought out for self-enhancing purposes it can promote positive emotions, meaning, and make subsequent social interactions more enjoyable!

ADDITIONAL RESOURCES

Hagan, E. (2022). *The mental health benefits of reading*. Psychology today. <https://www.psychologytoday.com/ca/blog/the-art-effect/202203/the-mental-health-benefits-reading>

Coplan, R. J., Zelenski, J. M., & Bowker, J. C. (2018). Leave well enough alone? The costs and benefits of solitude. In J. E. Maddux (Ed.), *Subjective well-being and life satisfaction* (pp. 129–147). Routledge/Taylor & Francis Group. <https://doi.org/10.4324/9781351231879-6>

Weziak-Białowolska, D., Białowolski, P., & Sacco, P. L. (2023). Mind-stimulating leisure activities: Prospective associations with health, wellbeing, and longevity. *Frontiers in Public Health*, 11. <https://doi.org/10.3389/fpubh.2023.1117822>

White, H. I., Bowker, J. C., Adams, R. E., & Coplan, R. J. (2022). Solitude and affect during emerging adulthood: When, and for whom, spending time alone is related to positive and negative affect during social interactions. *International Journal of Behavioral Development*, 46(6), 490–499. <https://doi-org.proxy.library.carleton.ca/10.1177/01650254221133296>

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From a global pandemic to political divisions and climate change, the past year and a half has been stressful. It's no wonder so many of us are dealing with feelings of unease and even panic—in fact, even prior to the pandemic, an estimated 90 percent of the population is affected by some degree of anxiety. For most of us, it would be difficult to describe anxiety as a good feeling. But what if it could be? What if we could work with our anxiety rather than against it and use it to be more productive, more optimistic, more creative, and ultimately more resilient?

World-renowned neuroscientist Dr. Wendy Suzuki has found a way to unlock the potential of anxiety to be a benefit instead of a drawback.

This groundbreaking guidebook flips the script: instead of thinking of anxiety as something to avoid, diminish, or eliminate, we can use it to motivate, enlighten, and benefit us. Listening to our anxieties from a place of curiosity, and without fear, can help us onto a path that leads to joy. Anxiety is not, Dr. Suzuki argues, an inherently negative emotion—it's more nuanced and flexible, and we have the power to “optimize” how we respond to it. She shows us how following the clear methods outlined in the book allow us to transform our anxiety into unexpected superpowers for our everyday lives.



[Dr. Wendy Suzuki](#)

