



Angst

Victoria Sawyer

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*Recommended for ages 17+ for adult themes and frequent use of harsh language.

There are two things I want out of my freshman year of college: to hook up with confusing hottie Jared and to chug some beer as soon as possible.

Getting wasted is like purely medicinal freedom. I murder my secret and constant soul sucking fear and tense nervous body beneath 17 glorious shots of pseudo-sanity. And destroying self-conscious crazy me reveals a sexy confident stranger who likes to try wild new things.

Then there's the Jared complication, the guy with the Halloween costume that features his ripped and naked chest. It's an attraction I can't deny. Too bad I can't understand what he wants because half the time we're making out on the dance floor and the other half we're screaming at each other about whether or not I'm a party slut.

And as the year party-crashes to an end, my drunk-scapades and severe panic attacks want me to pay up, big time. What little sanity I started out with is clinging by a thin thread and when that thread snaps, I'm lying on the cold basement floor of my parents' house, a loaded hand gun kissing my hot tear streaked forehead.

As I'm craving the freedom and soothing blackness of death, he calls and I open up like a fire hose of self-hating hot mess. After we hang up, I make a choice.

Angst Details

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From Reader Review Angst for online ebook

I ♥ Bookie Nookie (bookienookiereviews.blogspot.com) says

“Don’t. Don’t panic now, don’t freak out, don’t feel sick, it will only make things worse. Why must I make myself miserable? Why must I be the craziest bitch in the world? I hate my life.”

What if this were the vicious cycle of thoughts in your head, day in and day out; on a constant loop of worry and anxiety? Sounds miserable, right? Well, it is a very real and frightening reality for many people in the world. After my mother passed away tragically and suddenly in January of 2012, I experienced a tiny blip of the anxiety and fear that author, Victoria Sawyer lives with daily. Although I knew my thoughts were irrational, I still could not stop them from cycling through my head and I still feel the anxiety creeping up, on occasion, and I am here to tell you – it is not a fun feeling.

I really didn’t know what I was getting in to when I agreed to read ANGST. As I typically do when I begin reading a book by a new author, I read a bit about them to learn a little about who they are and where they are coming from. I certainly did not expect to uncover that this book, so appropriately named ANGST, is loosely based on real life experiences of the author, but don’t worry, it’s not an “oh-woe-is-me” kind of book. ANGST provides some insight into the mind of a person who suffers from anxiety and panic attacks, but **WAIT! THERE’S MORE! THERE IS A REALLY GOOD, NEW ADULT STORY HERE TOO!**

Victoria is a college freshman and like most college freshmen, she partied her ass off! Yes, some of it was fun, but all of her partying was really just a way to cope with everyday life. Victoria’s everyday life is a challenge because she suffers from panic attacks, anxiety and depression and has since the age of eight. Yes, it sucks, but she somehow manages to put on her “big-girl panties” and forge ahead with life, but not without hitting a few bumps along the way.

ANGST is written in a unique format, so HEADS-UP and take note of the dates! Although the story is not told in chronological order, it flows seamlessly and lends a hand to providing a little mystery and a twist of sorts that totally caught me off guard... I love it when an author shakes things up a bit – keeps me on my toes ?.

This isn’t a fluffy little read with a happily ever after ending, but there is some romance, a little humor and a lot of darkness. The best part is that the reader and Victoria get their “happy for now” and I think that is how ANGST had to end, because anything else would have been unrealistic.

ANGST was an emotional ride, but well worth it! Go ahead and bust out the tissues, because you are probably going to cry, I definitely did.

A Note to the Author: I don’t even know you, but I am proud of you. You are not crazy. You are brave. You are strong. I hope writing this story has been therapeutic for you and you have found some peace and happiness in your life. Thank you for sharing your story with us.

Learn more about the author and ANGST [HERE!!](#)

** Copy provided by the author/publisher for an honest review.

** Reviewed on I ♥ Bookie Nookie Reviews

If you like this type of book, you might enjoy one of these groups. Check us out!

Menage Readers

Erotic Enchants

Bookie Nookie's Erotic Lending Group

Elizabeth (Liz) says

Had to set this one aside. The fact that I did should NOT reflect poorly on the author, the writing or the story! Seriously. Victoria Sawyer has put a new face on panic disorder and anxiety, and pretty damn well I might add. I know this as fact for the same reason that I'm unable to finish the book: it triggers my own panic disorder and anxiety. Very honestly, very seriously, I commend Victoria for having the strength to write this, but especially because her decision to do so came from a genuine desire to help others.

If you suffer from either or both panic disorder and general anxiety disorder, and you struggle with how to communicate what it's like for you to the people in your life, I recommend having them read this book. Our stories are individual to each of us, but many of the feelings, emotions, thoughts and behaviors depicted in Angst are common among scores of people with these disorders.

****WARNING:** If you suffer from panic disorder and/or general anxiety disorder, please be aware that this story has the potential to be a trigger for you.**

John says

Angst is an in-depth look into a year in the life of a nineteen year old girl with debilitating anxiety and depression issues. It is an emotional slide down a mountainside, as narrator Victoria discusses the panic attacks she has been experiencing since she was eight years old. In addition to the panic attacks and the subsequent depression that comes along with constantly second guessing if you're sane or crazy, Victoria is also dealing with the pressures of being a college freshman, adjusting to the workload, the classes, the new-found freedom, the easy availability of alcohol for self-medication, and the social, emotional and sexual issues that face many first year college students.

Author Victoria Sawyer has put together a ultra-realistic look into the mind of a person with anxiety, depression and panic issues. I think this as a fantastic first effort, and a great self-publication. If you have ever experienced a panic attack, you will recognize the doubt, confusion, self-loathing and frustration that comes with feeling trapped inside your thoughts and always looking for an escape route or a way to put your mind on hold. You will walk in the shoes of a character whose difficulties with daily living drag her deeper into a cycle of depression and alcoholism, along with a feeling of helplessness and hopelessness. You will witness how fragile a person's self-esteem can be, and how finding an ally who cares and helps with finding counseling and medical treatment can help with pointing a person along the road to recovery.

This book is definitely one for people age 17 and over, as sometimes the language, sexual situations and substance use and abuse gets graphic, but it truly tells it like it is in regards to panic disorder, depression, alcoholism as self-medication, and the pitfalls of sexual irresponsibility. You will view it firsthand,

occasionally feeling frustrated enough to want to run away from some of her varying personas to wanting to pull her close in a supporting hug and help her know that she's not alone and that she can make it through life with a little help from friends (and not just the one that comes in a bottle). Love or loathe her, character Victoria will have a long lasting effect on you, and author Victoria will impress you with her realistic descriptions and language.

The teacher part of me hopes those couple of grammatical/spelling/wrong word issues (there aren't many, but they do jump out and make funny faces) go away between this printing and the next printing, and the middle school teacher in me hopes that author Victoria considers writing about character Victoria as a younger girl with less graphic language. I think this is a topic many middle and high schoolers, who are often the ones getting those feelings of "I'm crazy, nobody knows what I'm experiencing and I can't tell anyone what goes on in my head" would benefit from knowing that they are not alone, and that help is available that will NOT mean you're crazy. If not for the sex, alcohol and language I'd love this book on my classroom shelf.

Thank you, Victoria Sawyer, for the autographed copy that I won through the Goodreads First Reads giveaway. This is a book I normally would not have bought for myself, but I'm so glad I had the opportunity to read it. I would definitely buy this book!

Belinda Williams says

Angst is an enticing read because it is plot driven, urging you to read on, and it also explores the turmoil of Victoria's inner world. It uses clever devices like non-chronological chapter progression that weaves us into Victoria's world until we are isolated without a map and feel as though we too, are just as lost as she is at points. For some readers, this could be potentially frustrating at times, even confusing. But well, that's actually the point.

Anxiety and panic attacks are difficult to describe unless you have been there. Angst doesn't describe, it immerses you so honestly, so effortlessly, that soon you are living the anxiety with Victoria until it's painful...but again, that's the point!

If this were just a book about anxiety and panic attacks, then maybe I wouldn't have lasted the distance. The writing is well crafted, as are the characters and the journey we are taken on. It is, after all, college; and there's interesting friends, parties, character conflicts and a love story along the way. I almost felt as though I was living vicariously through Victoria at times, so wild were her actions due to her desperate need to destroy her inhibitions via alcohol, drugs and partying hard.

To be honest, you won't always like Victoria. At some points, I downright detested her actions. But I felt for her. I hoped for her. And I cheered for her when she had the courage to face her demons rather than run from them.

Angst defies classification. If you were to put it on the shelf next to the YA fiction, the surrounding books would seem like trite fairy tales. At times, due to the style of writing it could dip into literary fiction. The frequent (bad) language and hard core frat parties and sex, pulls it in another direction entirely. The fiction of Angst may even lapse into a more autobiographical style, but to what extent we'll never know.

What I do know is this: Angst is real and honest to the point of raw. It fosters understanding and awareness of a rarely discussed condition. It's also an incredibly brave debut that reminds us that sometimes good

fiction can challenge us, as well as entertain us.

Britney says

I am absolutely amazed by what the author has done through this book. I could feel how Victoria felt. The author made all those feelings of panic and anxiety come to life for me. The majority of my family suffers from anxiety; I'm the lucky one who has only experienced the feeling on very rare occasions and certainly never even close to what Victoria experiences every day. It was very clear that the author had a deep understanding of panic, anxiety and depression, and all of these have been topics that fascinate me.

Having only experienced heightened anxiety on a few rare occasions, I could not begin to imagine what it was like living that way on a day to day basis until reading ANGST. Being inside Victoria's head was incredibly eye opening. The reader gets to experience just how overwhelming those feelings of panic and anxiety are for someone with this type of disorder, and I could literally see how it slowly completely took over her life. It's heartbreaking to read, and sadly people often do not take this type of disorder seriously which results in the sufferer feeling ostracized, alone and well... crazy as Victoria feels.

What I really loved was the role Jared played. I do not want to give away anything so I will just say that even though at times I wanted to absolutely kill him, he is an incredible character who will capture your heart in the end.

There was one minor issue I had with the structure of the book and that was the chronology. For the most part the book does not take place in chronological order, which works really well for the story. I just had difficulty placing events in order in my mind because I could not look back at the chapter list easily in the digital format. This is totally a personal preference. Each chapter did a pretty good job of explaining where the story was chronologically, and the chapters from her childhood were easily placed. I just got a little confused at times when Victoria was telling the story closer to the present. Do not get me wrong, the structure works really for the book and Victoria's story, I just got a little lost in the timeline a few times.

Overall, I would definitely recommend this book to those of you who enjoy the psychological aspect of a book. This story is more about what's in Victoria's head than what is happening around her. It has a love story element, but the focus is Victoria and her inner turmoil. It's a fascinating read!

*Review copy provided in exchange for honest review.

Up All Night Book Addict says

Depression. Anxiety. Self-loathing. This book is one big book of spiraling self-destruction. The main character, Victoria, is stuck in her own head. She hates herself. She suffers from severe anxiety and depression. This was a hard book to read for many reasons.

If you aren't one for books that jump from time frame to time frame, in no chronological and logical order, this is definitely not a book for you. This book jumps from specific days in different years, even going back into the main character's childhood. It is hard to follow if you aren't paying attention to the dates.

The author describes the main characters thoughts thoroughly. This is supposed to depict a young girl full of anxiety, but it is much more than that. She is highly depressed, and borderline personality disorder. I have suffered from anxiety for years, I have never had the thoughts and actions as this main character. She

exhibits some bi-polar tendencies and manic depressive tendencies. She is a walking zombie.

If you are looking for a light read into a mind of a young woman with some self-esteem issues... This book goes way beyond that. I was drawn to this book after reading the blurb. However, it didn't live up to what I was hoping for. I understand what the author is trying to accomplish in this book, but I didn't get where I think I should be. I tip my hat to Victoria. As a new author, this is a hot topic to start out with. The writing just wasn't to my liking per-say. This book was not only hard to follow, but it was hard to read. I had to force myself through over 300 pages of a depressing monologue. Please don't think I am trashing this book. I am not. This book just isn't my cup of tea. Many will like this. I think this is a book that either you will rave about or not. I don't think there really is an in-between with it.

If I didn't necessarily care for the book, why the 3.25 rating? That is easy. This isn't a bad book. Just not a book for me. The writing in itself may not call out to me, but it is good. This book has many mixed ratings. It's a sensitive topic. Some will like how the author delivers it, others won't. So when you read this book, just keep in mind that this isn't a romance novel. It is not a comedy or a thriller. It is the deep, personal thoughts of a college girl on the brink of losing her sanity. It will tear you apart over and over again. You may not necessarily have a smile on your face once it ends, then again, you may. If you can handle the topics covered in this book, you should definitely read it.

Jackie says

To be honest when I first began this book I wasn't sure how to take it. It was a bit confusing with the time jumps in each chapter. You really have to concentrate on the dates for the chapters or you will be completely lost. But, once I got used to it I really dove in and loved this book. As you really begin to step into Victoria's shoes you really feel for her. You don't necessarily know what is wrong with her from the beginning, but you know there is something. But, as you read you can identify her illness. I actually learned quite a bit about panic attacks and anxiety as an illness. I, myself, have panic attacks in certain situations but not to the extent that Victoria suffers. The biggest draw in this book is how Victoria copes. She copes in all the wrong ways. She decides alcohol, drugs and sexual relations are good ways to drown out the panic and anxiety. Unfortunately, this doesn't work forever and the illness soon almost completely consumes her life. Soon Victoria is forced to choose between living or ending it all. Overall, this was a great book. It draws you in and you really make a connection with Victoria and begin to feel what she is feeling. But, I would have preferred a better organization of the book. I understand why Victoria Sawyer wrote it the way she did, but there were times I got confused and then the story lost a bit of its kick. I would definitely recommend this book for those looking for a moving story about struggle, secrets and illness.

Paula says

It is tough for me writing a review on this book. For one, it is in parts autobiographical and I have known a few people suffering from anxiety or depression, so I feel like a big meanie for not liking this book. But let me explain:

“Angst” takes the reader on the journey following a 19yrs old girl's freshman year at college, while she tries to adjust to this new chapter in her life and tries to come to grips with her anxiety, depression and panic attacks.

Victoria has suffered from anxiety and panic attacks as well as depression more than half of her life. As she shows us her day to day life and the impact this mental illness has on it, we suffer along her, feel her pain and anguish and downright despair. It is interesting to experience all of this from the main characters point of

view. As a reader, we got to know her better and learn to understand the dynamics of anxiety and panic attacks as a mental illness. What is hard to understand from an outside point of view, gets clearer through Victoria's voice. It paints a clear picture of the difficulties a person suffering from those mental illnesses has, the fear of being rejected and stigmatized should it come to light, the knowledge that the thought processes aren't realistic but being unable to fight them, the inability to enjoy life despite things going well. For Victoria this proves to be a downward spiral that has her make some really bad decisions that pull her even further under until she isn't sure that she will be able to resurface – or that she wants to.

But, for me the sympathy and emotional investment in this book went out the window for a number of reasons.

I might be too old or I might be too old-fashioned at 31. I am not sure. But I was tempted to bang my head against the wall or scratch my own eyes out at the way the conversations were written between characters. The group of close girlfriends kept referring to each other and calling each other things like "bitch", "whore", "snatch" and the likes. Who talks like this? I mean, who in the world talks like this. I don't care if you are in high school, I don't care if you are in college, this is not cool. It is not hip or fashionable. It is just tasteless. And believe me, I like to swear. So I am not faint of heart. This nearly made me throw my kindle against a wall.

Then there was the jumping back and forth between different moments in time. I understand what the writer wanted to achieve with it but for me that failed. It felt choppy. It was hard to follow and was so confusing. At some point in the book I just gave up trying to keep up with what happened when.

As much as I enjoyed the descriptive and detailed writing style when it came to the main characters feelings, in other parts the details were tiring and made me skim parts of the book. One thing that stuck in my mind was a party scene where the characters get high. It felt like this took up one third of the book. It was completely unnecessary for the story to draw this out like that.

All in all, I did not enjoy this book very much. I think it had a lot of potential, that it unfortunately failed to reach.

Michelle Kannan says

I have to start off by giving the author a round of applause for taking a risk and writing about a topic that is very personal and very difficult.

That being said, this book was hard for me. I admit that I don't know much about suffering from panic attacks. I did learn a lot about what it can be like to suffer with them and that was very enlightening.

However, I was left feeling a bit torn about a few things. For example, Victoria's parents knew her situation and it seems her mother even suffered from it so I found it a little odd that no steps were taken towards medication. That is got so far as to end in a suicide attempt when it seemed she had a support system was beyond me.

Jared is an interesting character. At times I really love him but there were some times where I wanted to throttle him. Honestly, at the end of the book I realized that the author wrote a realistic character considering his age. I think the ways he treated and reacted to Victoria were very real but that didn't make them any less frustrating.

For me, one big challenge was the way it was written. You had to pay attention to the dates on the chapters

because they do jump around and you have to piece that timeline together.

I did like seeing the flashbacks to her childhood. Those were the times where my heart ached for Victoria the most.

I do think this book would be a good one for you to read if you are interested in seeing an in depth look of what it feels like to live with panic attacks. However is it is very raw and I think that if you don't really understand panic attacks then it can be a difficult read at times.

Jacqueline's Reads says

3 Angry Stars

[Summary]

Victoria isn't your typical freshman in college. She has severe panic attacks, to the point where it makes her physically sick. She meets Jared at the grocery store where she works and helps him find some items. Later she meets him again and when things get too steamy, Victoria panics and leaves Jared. Each time Victoria and Jared crosses paths, Victoria is confused by his hot and cold personality, which isn't easy to deal with since her panic attacks aren't subsiding anytime soon.

[Review]

Angst is from Victoria's POV and there's a bit of flashbacks and flash-forwards. I would say there's three timelines, past, present, future. The present and future are about 6 months to a year off. It can be a bit difficult to keep track, but just be mindful of the titles on each chapter.

[Victoria]

In the beginning you get the feeling something isn't right with Victoria. I usually do not like flashbacks, however, I don't often have reads that have flash-forwards, so I was kind of interested with that. With that said, it all kind of worked. Victoria has a lot of flaws and isn't always a likable Heroine, but it kind of just makes her real.

I love to read about damaged characters, it just seems so much more relatable. I remember going to college parties, drinking, and making a fool of myself in front of a guy to get attention, we have all done it, it just that we don't admit it. I commend Victoria Sawyer for creating a complex yet raw and emotional character. It's interesting to see Victoria, get "set-off" over normal things. It's all new to me and it was fascinating to watch how much her anxiety takes so much control.

[Jared]

Oh Jared. I'm pretty much up and down with him. I thought Jared and Victoria had the perfect met cute! I mean, she helped him find "difficult" items at the store, that's freaking adorable. Jared is what I like to call a "reaction" kind of guy. He reacts to Victoria's behavior. I.GET.IT. We as the reader know what's going on

in Victoria's head, but all Jared sees is a girl who he is interested in, but kind of acts crazy (I'll explain this below).

[The Relationship]

The relationship between Jared and Victoria gets steamy real quick and then we get tension and not your small, mild kind, **Angst was an explosion of tension**. The banter between Jared and Victoria is really gritty too (this is no fairy-tale story).

You are a f&cking b@stard, Jared McKinley, and I'm tired of dealing with your bullsh!t and your f&cking mind games!

I want to f&ck you, okay? I've wanted to since day one and I can't pretend anymore that I don't. But ... you... piss me the f&ck off... I want to f&ck you, but I won't

Every time Victoria goes into a difficult situation she's on the verge of a panic attack and she copes by drinking or acting kind of irrational, like giving lap dances and using drugs. She's replacing her anxious feelings with a physical stimulate, which isn't healthy, but it's how she copes.

[Overall]

I thought the ending was a bit wrapped up too neatly and the excessive party scenes were a bit much for me. However, I enjoyed the poems Victoria expressed because it really made me feel like I got to know her better. I also liked the dialogue between Jared and Victoria because at times it was kind of explosive, but really good!

Overall, *Angst* is very descriptive and well... angsty, so if those are the kind of reads you enjoy, then this is perfect for you.

[Character Casting]

...and yes I leave the best for last

An ARC was provided in exchange for an honest review

More reviews visit <http://jacquelinesreads.blogspot.com>

Lisa says

Wow, wow, wow! What a wonderful story. Author Victoria Sawyer takes us through a powerful life-changing journey, one that I will hold onto forever. She shows us what it is like to deal with a certain type of mental-illness, and it isn't pretty. In fact, it is bone-crushing but also an eye opener. She tells this story

almost as if it is a memoir-it is a great insight into a life that is all consuming. You feel everything that she is saying, describing, or all of the emotion that courses through the main character, Victoria.

Victoria is one of my favorite characters. She is so beautiful and I fell in love with her instantly. Everything about her, even her mental illness. She is shattered, and doesn't see herself as a whole. All that Victoria knows is that she is not worthy of the life she is leading. I felt like every time she was being self-deprecating, I was punched in the gut. Victoria swims in her insecurities, in fact she lets it eat her up. In a sense those insecurities, that are her demons, are drowning her. If only she could get to the surface, she can stop that downward spiral that is her unrecognizable life.....

Victoria's friends in this story are the real deal. They actually reminded me of my friends and I, when we were eighteen/nineteen and in college. We all loved a good Frat Party-to dance and go wild. Well this group of friends do just that. Hannah oh my dear Hannah....I wanna put you in my pocket and keep you and Victoria forever. You, Hannah, helped keep Victoria above the surface at times. Hannah really is a great friend to Victoria, she doesn't judge her, she loves Victoria for her, and she stands by her fully. Even if she doesn't really understand what is going on with her. Jared is a hunk of a man. He irked the hell out of me, like something terrible. But he is a guy and that is what they do, right?!?! He really gets under your skin, and Victoria's too. These two sort of play a game of cat and mouse, and it is a real heart-breaker. Why can't they just play nice?

The idea of watching a love story brew really intrigued me. I think that Victoria would have been able to handle life, or herself better, if she knew she could be happy and in love. With many men catching the eye of Victoria, only one really held a place in her heart. That would be Mr. Jared! Jared and Victoria have a deep connection, yet they choose to be bone heads about everything. There was a point in the story where I wanted to slap Jared and then yell at Victoria. It was like they got off on hurting one another. They are each other's missing link, really they are....But But But....when will they finally realize that they are perfect for one another? And if they do, will it help Victoria to see that being loved unconditionally can help her become a better person?

I have to start off by saying-I don't feel like my review can do justice for how intense and wonderful this book truly is. *Angst* is deep, dark, and darn good. I was so mesmerized with Victoria, Jared, Hannah, and everything that took place in this story. I am in awe that this is Author Victoria Sawyer's debut novel. She wrote a book about very real everyday issues, something that can swallow you whole. And that is what this book did to me, it swallowed me right up. Honestly, I didn't know what to expect going in, but let me tell you I was left wanting more. I NEED MORE! MORE, I say! *Angst* is an emotionally charged compelling story of hope, quandary, and new found strength. This book is not for the faint of heart, it is very descriptive and honest. I think honest is the best way to sum *Angst* up. Please take the time to read this book, it will help enlighten you and give you the truth about mental illnesses. I look forward to reading EVERYTHING that Author Victoria Sawyer writes from here on out. She is an outstanding and very talented Author!

Katharine_Ann says

I received a free digital copy of the book in exchange for an honest and unbiased review.

One of the things that I really like about *Angst* is that it's a story about a girl that we can all relate to. In the book, Victoria is a teenager attending college who has normal fears about being embarrassed in front of friends and being judged by strangers. She doesn't feel comfortable in particular social situations, and I think that's something we've all felt at one point or another.

However, this book was hard to read because of all the big emotions that it contained. Things like embarrassment, fear, anxiety, panic, and depression. These are really difficult emotions and it was hard to read about someone trying to deal with all of them. But that is also where this book is incredibly strong. While these emotions can be hard to discuss, I think they are equally hard to write about and actually make the reader feel these emotions through the writing. "Angst" succeeds beautifully in this regard. The writing is really powerful and definitely conveys the pain that Victoria goes through. I found myself really caught up in the emotions and was really pulling for Victoria. I also really liked the poetry that Sawyer includes throughout the novel, as it adds a window deeper into Victoria's character and her emotions as they happen.

"Angst" shows you Victoria at her deepest point, where her emotions are caving in on her and she's struggling to find a way out. Even though the book is grim and painful, I was definitely cheering Victoria on the entire time, watching her go out to parties with her friends and waiting for her to get together with sexy Jared. Every time her anxiety loomed again, I was rooting for her to push through it and succeed.

Although the book has a lot of really serious subject matter, such as alcohol, hard drugs, sex, language etc, I didn't have any trouble with it, even though I usually do in novels. In "Angst" it totally suited the setting and the situations that Victoria was put through, and it was totally understandable that she would come into contact with these during her Freshman year. I enjoyed reading about the various parties she went to, and overall I thought that the drugs, alcohol, etc were incorporated really well into the story. I did struggle a little bit with the timeline of the story, as it's not chronological. It bounces back and forth between the fall and spring of Victoria's freshman year, and has occasional flashbacks to her childhood. After a few chapters I did get used to the inconsistent timeline, but I have to admit I did check the Table of Contents a few times to double check when certain events had happened.

Even though "Angst" covered some really hard subject matter, and was a bit difficult to read, I did enjoy reading it. Victoria is a really genuine character and I really felt for her throughout the story. I think "Angst" is a really interesting read and one that you should definitely check it out!

Brandy says

This book gives great insight to what it's like to suffer from panic attacks & severe anxiety! I was able to relate on more than one occasion. I definitely recommend this book, especially to those who need understanding of this dark & lonely world!
Can't wait to read Victoria's next book!

Paula Phillips says

When I first saw this book I was like YAY another New Adult novel to read but when I opened it, I was in for a whirlwind ride filled with Emotions from Panic Attacks to Alcoholic induced state of beings to desperation. You name it every emotion was covered in Angst by Victoria Sawyer. Written like a diary of sorts, Angst tells the story of Victoria and starting with her at a party with her boyfriend about to confess something big and then the novel jumps back a year to her first year of college. If you are looking for a book about the inner workings of a mixed-up girl, one that could be viewed as an emotional basket-case then Angst is for you. If you are looking for a nice flowable story from one chapter to another then this isn't the book for you as personally for myself I felt confused as I read through the pages, and I was like Huh, wait a minute - flip back a few pages, then flip forward and Ohhhhhh, now I understand. What I did love was that the author has portrayed in one of the most amazing and accurate ways of what New Adult Angst would look

like if one was to scribble it all on paper and it definitely gives you an eye-opener to the world of Victoria. Angst is a bumpy ride , that some will love and others may start reading and think , this is not me . Angst really in my honest opinion is a book that readers have to go in with an open mind and clear view. So readers, if you feel like a little bit of Angst input into your daily life then check out Angst by Victoria Sawyer.

Literati Literature Lovers says

Review request directly from the author. Debbie reviewed.

This is the story of Victoria and her struggle to live a normal life. Victoria suffers from mental illness. The problem is she does not know what illness it is nor does she know how to cope with it so she can live her life like all those around her. The author does not state what the illness is which I found a bit confusing as I was not sure what was wrong with Victoria. I felt myself trying to match the symptoms in the books to various illnesses.

We follow Victoria through her first year of college. She lives at home with her family and attends the local university. Though the family dynamic does not play a huge role in the story, it is revealed that Victoria's mother suffered from this same illness. When that point was revealed in the story, I felt that the admission lacked heartfelt emotion. When Victoria's brother confessed that he too was experiencing the symptoms, my heart broke for him.

At school Victoria meets a boy named Jared. She wants Jared to like her, want her and love her. The problem is the only way Victoria knows how to feel normal is to drink, do drugs, and fool around with boys. This is a recurring theme throughout the book. Being that this story is based while Victoria is in college, I am sure drinking, drugs, and boys played a large part of her life and this story. At times I felt that the story repeated itself as the drinking, dancing, and boys remained the same but the parties were different.

This book was written in real time as well as flashbacks. At times I found myself lost as it seemed the flashbacks did not concur with present day. I found myself put off at the use of slang terms used between Victoria and her friends. This to me seemed overdone and at times offensive. I felt that it took the focus off of the serious nature of the story.

This is a gut wrenching look at how one woman tries to live with her disease. I do believe that this could not have been an easy story to tell as it is a semi auto biographical. I cannot begin to understand the depths of emotions the author felt while telling this story, and I for one applaud her for having the courage to share it with others.

That being said this was a very hard book for me to read and review. The book lacked character development, which made a connection with the characters nonexistent. I felt that the storyline was confusing and lacked consistency which left me backtracking to see if I had possibly missed reading pages as I found myself lost time and time again.

The author shares with us in vivid detail the thoughts of someone who lives her life where panic leads her every thought. It shows us how a very normal, everyday situation can affect someone who struggles with this illness. It shows a real portrayal of the internal fight one has when deciding that death may be the best option. It also shows us that the boy she longed for may just be the one to provide the help and answers needed to live life as opposed to ending it.

Disclaimer: I received a copy of this book directly from the author. I was not paid to read or review this book. All opinions are my own, and I was never influenced by anything or anyone.
