

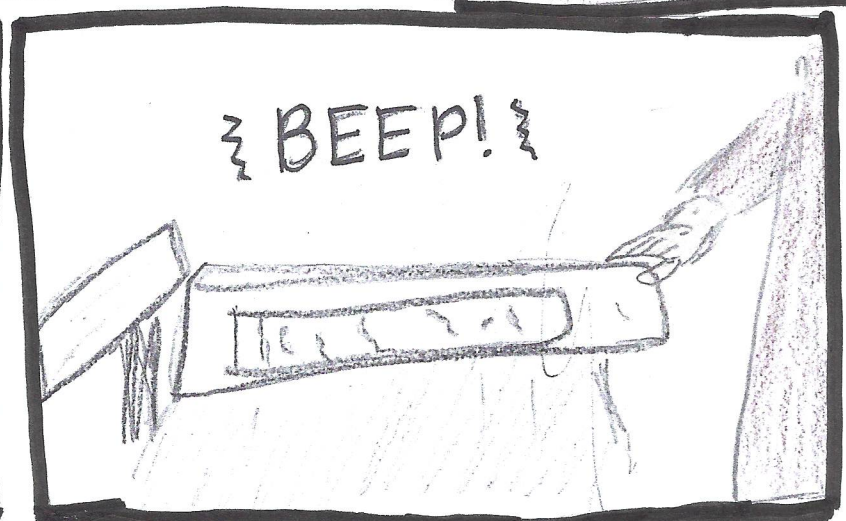
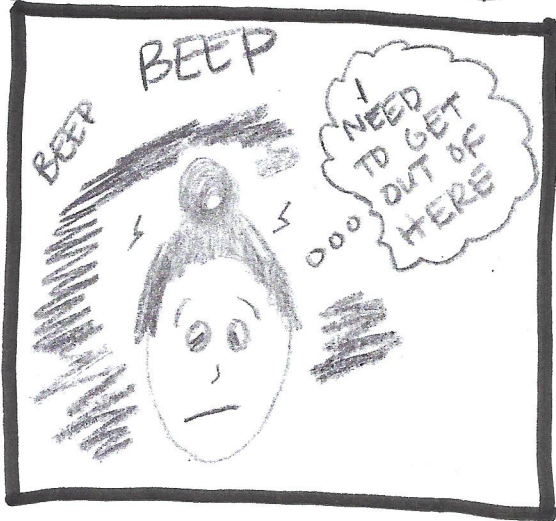
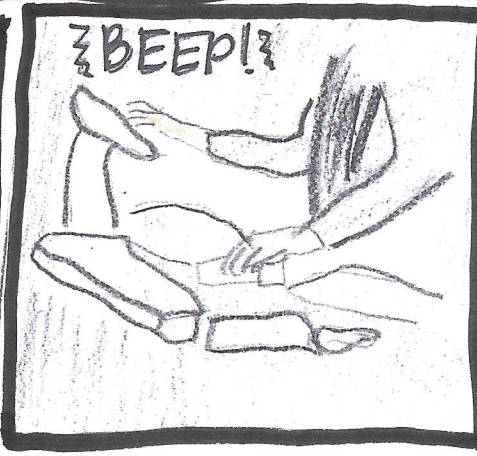
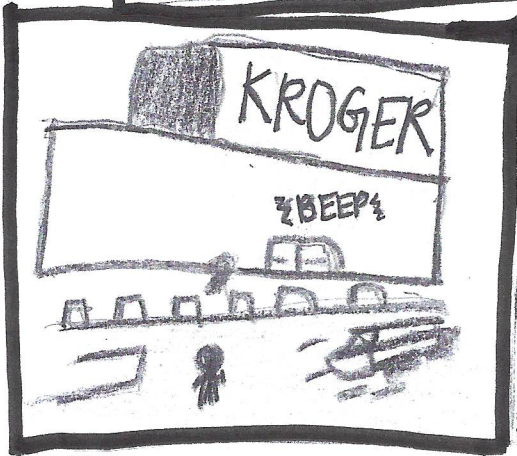
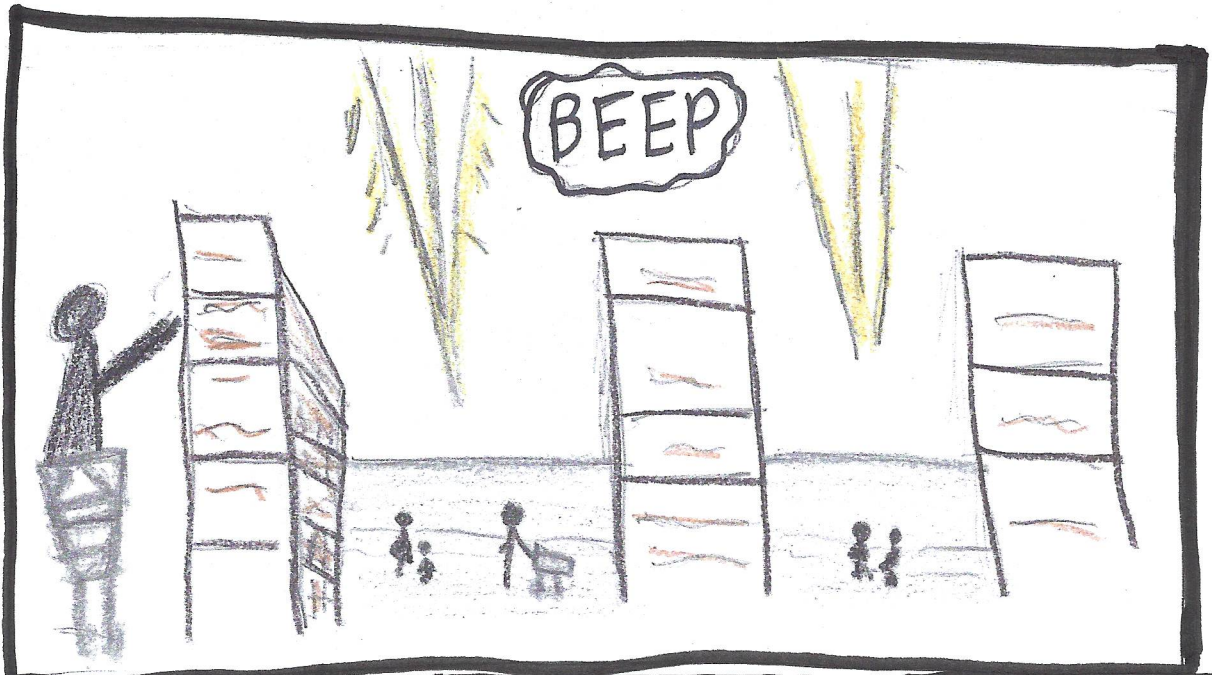
Sharon

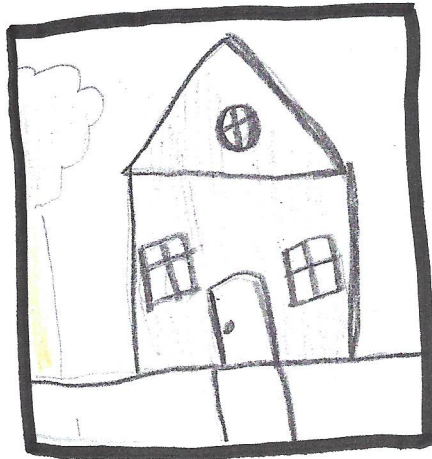
and
the



SHADOW

By: Group Mac N Cheese

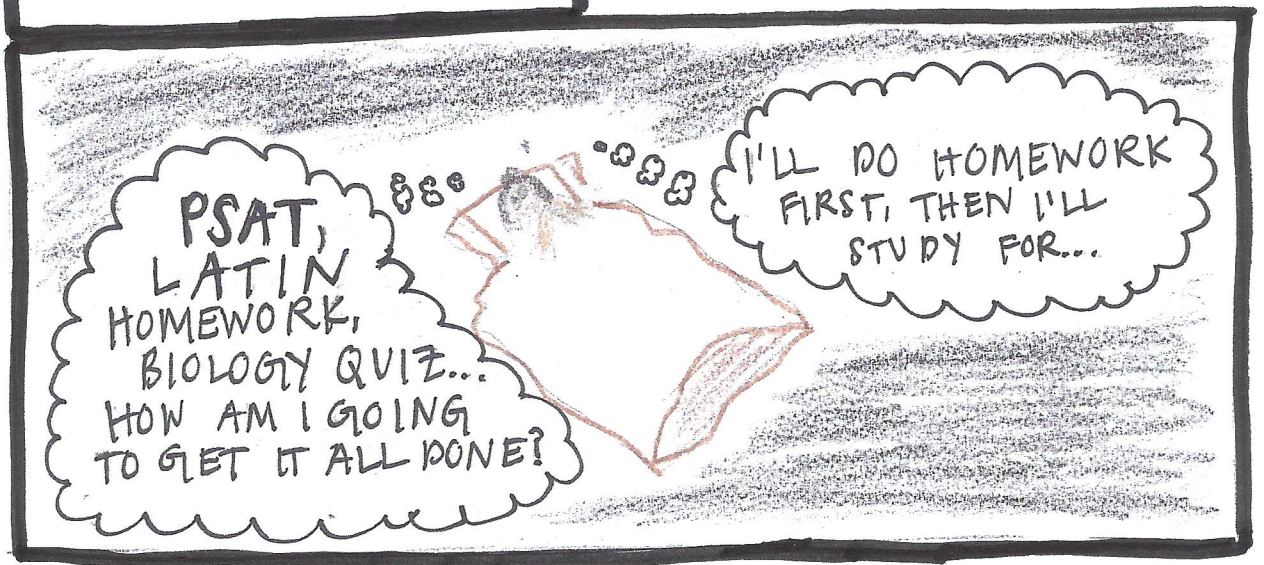
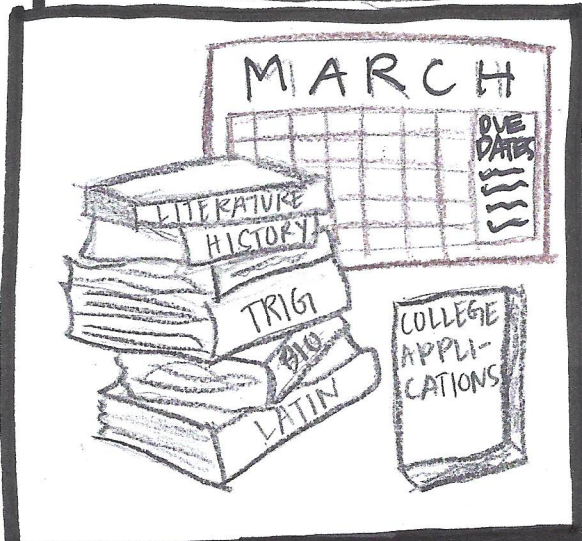


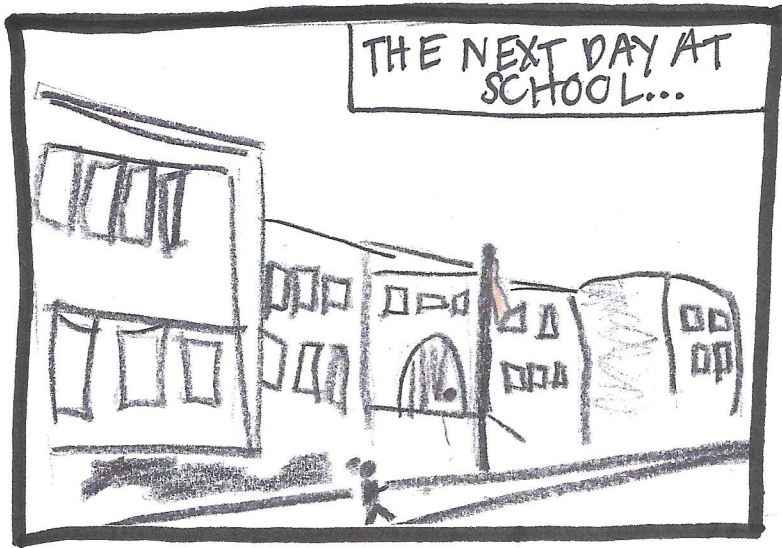


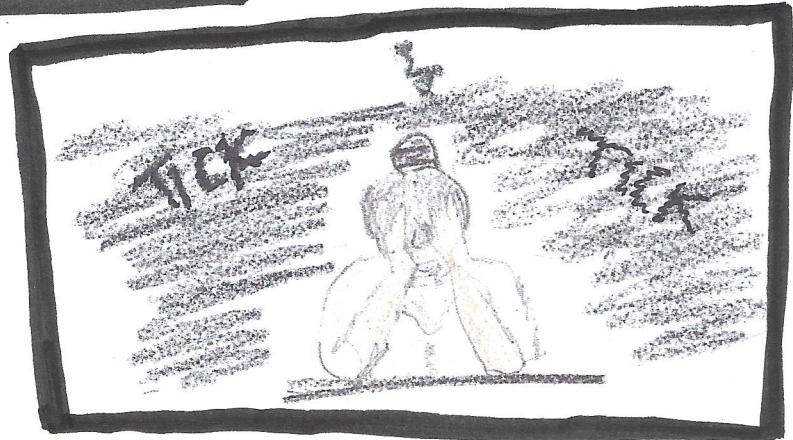
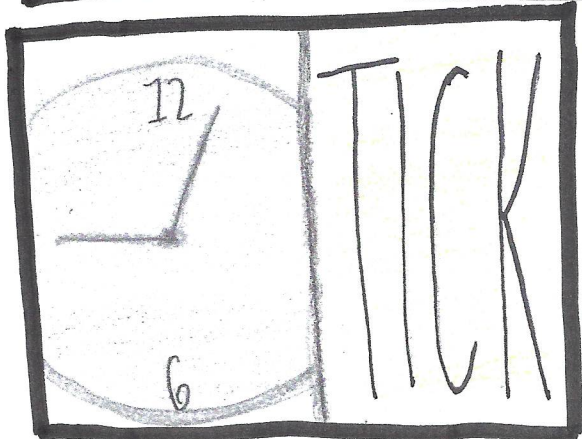
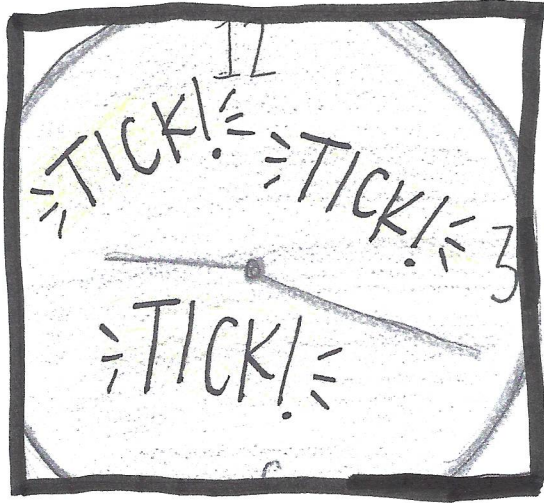
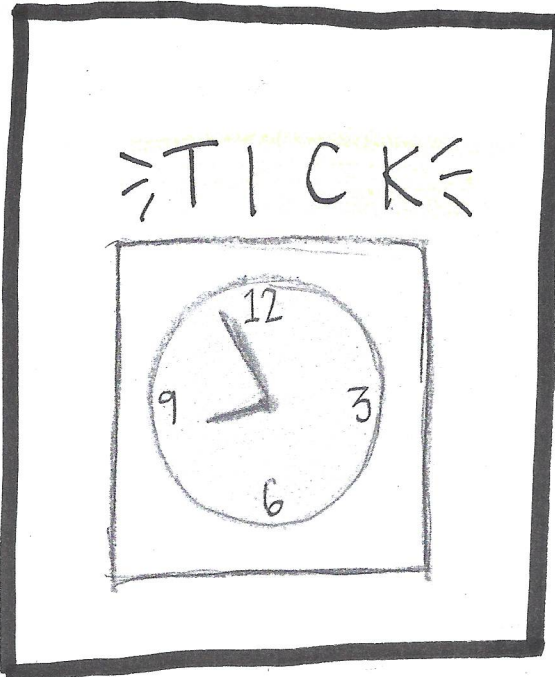
SHARON! IS EVERYTHING OKAY? YOU CAME IN SO FAST!

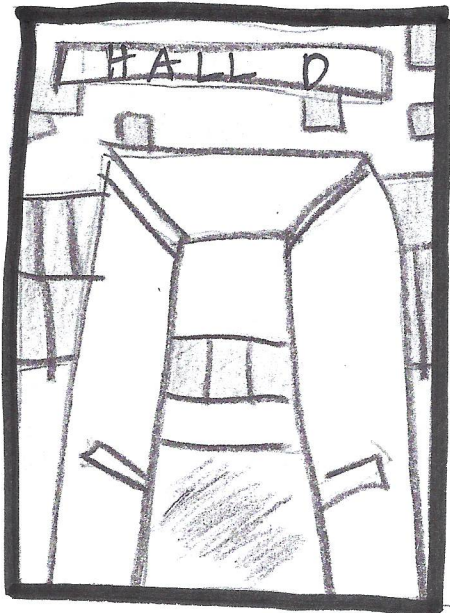
MOM, I WAS AT KROGIER AND I SAW THIS—THIS... THIS SHADOW. THEN MY HEAD GOT DIZZY, I COULD FEEL MY HEART POUNDING, I WAS GASPING FOR AIR...
... I JUST HAD TO GET OUT OF THERE.

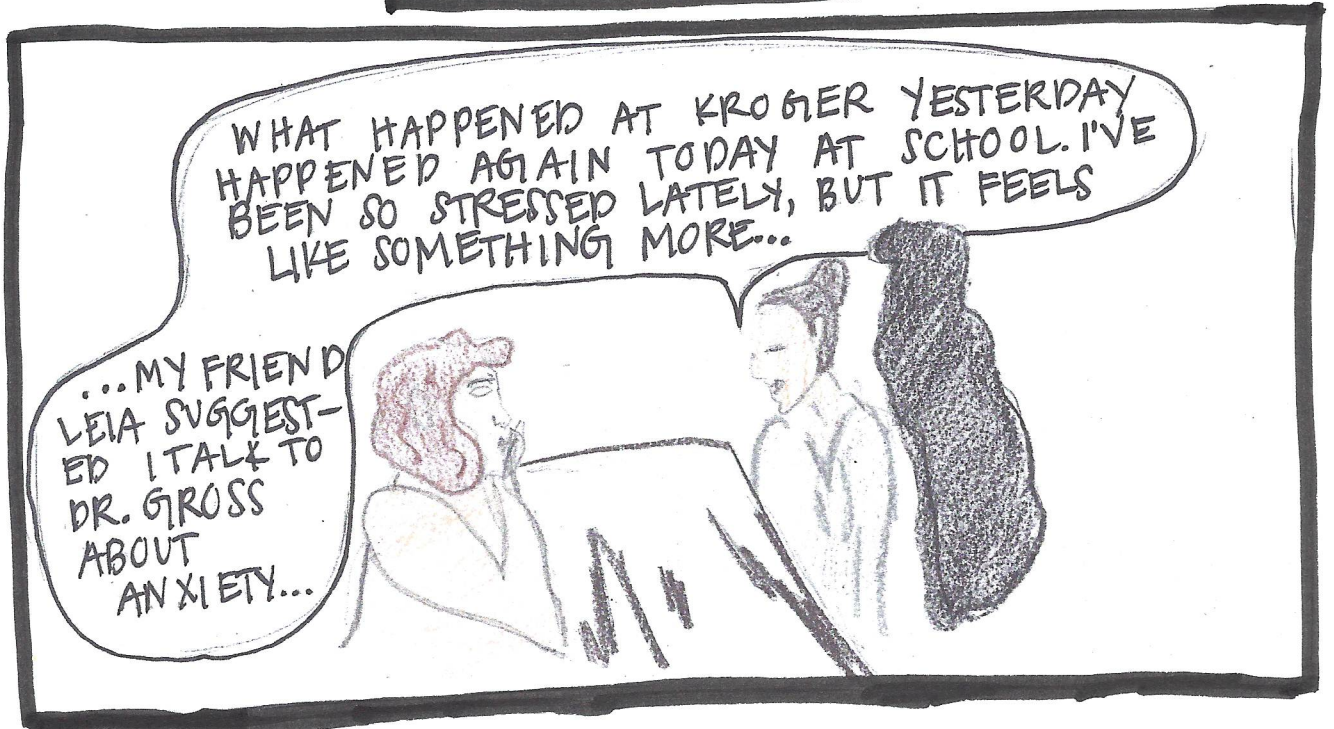
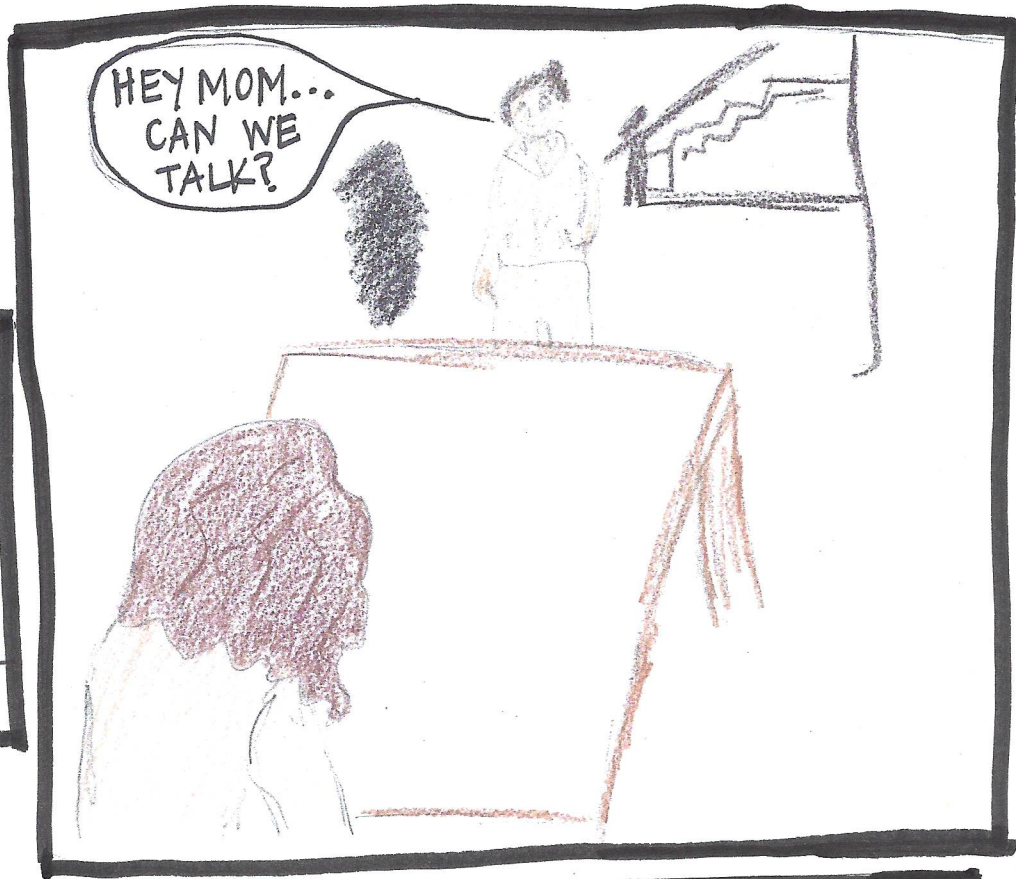


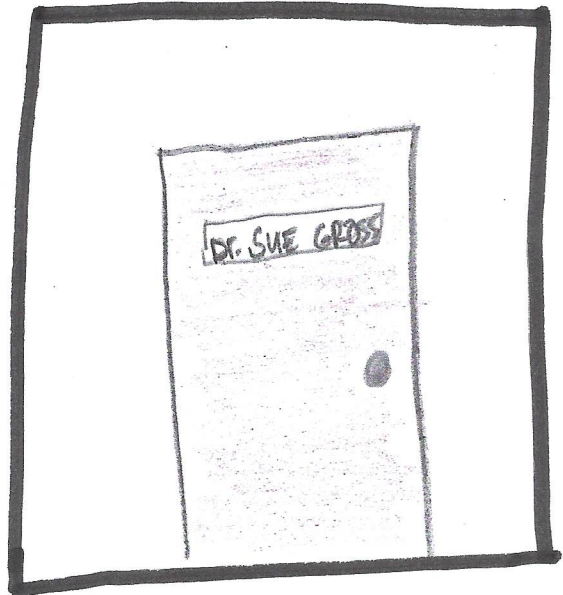












IT'S BEEN SIX MONTHS SINCE I FIRST SAW DR. GROSS ABOUT MY ANXIETY. AFTER SOME TRIAL AND ERROR WITH DIFFERENT MEDICATIONS, I'VE FINALLY FOUND WAYS TO DEAL WITH MY DISORDER. THERE ARE STILL DAYS WHERE I FEEL OVERWHELMED, BUT OVERALL, I'M HAPPY, CALM, AND MOST IMPORTANTLY, HEALTHY. I'M THANKFUL FOR MY FRIEND SUGGESTING I SEE A DOCTOR, AND I HOPE I CAN HELP SOMEONE ELSE ONE DAY, TOO. ANXIETY IS THE SHADOW THAT NEVER REALLY LEAVES US, BUT YOU CAN KEEP THE MONSTER AT BAY. I KNOW I HAVE.

