

# Author Lucie Dickenson Receives National Recognition Through the NYC BIG BOOK AWARD®

BROOKLYN, NY, UNITED STATES, October 11, 2024 /EINPresswire.com/ -- The NYC Big Book Award recognized *The Anxious Hippie: From worry, fear, & overreacting to finding the peace, love, & blessings in anxiety* by Lucie Dickenson as a Distinguished Favorite in the Personal Growth category.

The competition is judged by experts from different aspects of the book industry, including publishers, writers, editors, librarians, book cover designers and professional copywriters. Selected award winners and distinguished favorites are based on overall excellence.

## A Must Read!

"Lucie manages to capture every thought and inner struggle those of us who suffer from anxiety think and feel. Her story and experiences are told in an honest and humorous voice that erases the stigma of being a person who has an anxiety disorder"

*The Anxious Hippie: From worry, fear, & overreacting to finding the peace, love, & blessings in anxiety*

After years of crippling anxiety and chemical sensitivities, Lucie Dickenson knew there had to be a way out. She went through over \$100,000 looking for the "holy grail of healing" only to come home to herself. It was within that space of healing she realized anxiety was not a dragon to slay, but a blessing to behold. And when she did finally get well, it was her mission to help others find their own unique way out of suffering. Lucie's belief is that we all can heal from anxiety. Her style and humor is not only inspirational, it is also wildly contagious.



NYC Big Book Award Distinguished Favorite Banner for "The Anxious Hippie"

The Anxious Hippie takes you on Lucie Dickenson's journey from fear, worry, and overreacting to finding the peace, love, and blessings in anxiety. Lucie openly shares short vignettes and stories from her life that will make you laugh and cry and find healing through her raw account of what it's like to live with anxiety. In addition to her story, she leaves you with a roadmap of clear steps that she used to overcome anxiety. Lucie's helpful hints are all sprinkled with a touch of humor, because it is her belief that healing can be fun!

The NYC Big Book Award received book submissions worldwide. Journalists, well established authors, small and large press, and first time indie authors participated in record numbers. Entries this year were received from the United States as well as countries such as Australia, Canada, China, Cyprus, France, Germany, India, Ireland, Israel, Italy, Mexico, New Zealand, Scotland, Singapore, Sweden, Switzerland, Taiwan, and the United Kingdom. Cities represented

included Asheville, Beijing, Colorado Springs, Dublin, Hong Kong, Los Angeles, Melbourne, New York, Portland, San Francisco, Singapore, Tel Aviv, and Vancouver were among the entries.



Author Lucie Dickenson

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I believe that we are all here to help one another be the best we can be, and enjoy this ride we call life.”

*Lucie Dickenson*

Publishers included Atmosphere Press, Berrett-Koehler Publishers, Beaufort Books, Beyond Words Publishing, Blackstone Publishing, Familius Publishing, Flatiron Books, Hachette Go, HarperCollins Leadership, Oceanview Publishing, Old Stone Press, Rowman & Littlefield, Simon & Schuster, Ulysses Press, Watkins Publishing, Westminster John Knox Press to name a few.

"We were delighted to see so many quality publishers and authors from around the world participate this year. I can't wait to share these books with a global readership," said awards sponsor Gabrielle Olczak.

## ABOUT THE AUTHOR

Lucie truly believes anxiety is a blessing.

It took time for Lucie to see the goodness in anxiety, but she really believes anxiety can be

viewed as something sent to help us.

Lucie Dickenson is a seeker of knowledge, that holds smiles and laughter up as true medicine. After years of crippling anxiety, OCD, allergies, psoriasis, chemical sensitivities and postpartum issues, she found that her mindset was at the core of all her issues. To truly heal and set herself free she needed an entirely new perspective on life. Once Lucie was able to look at life with a positive outlook, and a little humor, she was able to call on her inner strength, kick some butt and get better.

Lucie went from fear to fun!

Lucie is the founder of StarLight Books Publishing, we all have a story to tell, let her help you publish it!

To learn more about Lucie Dickenson, please visit <https://www.luciedickenson.com/>.

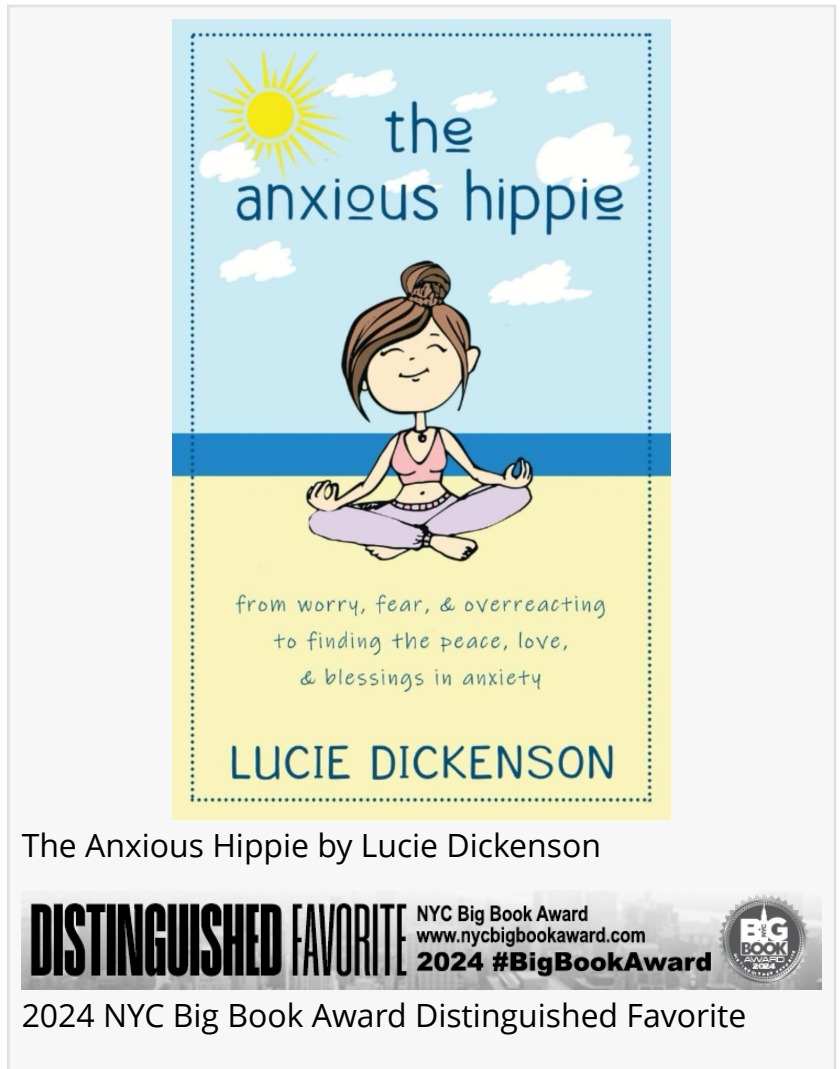
View the NYC Big Book Award Distinguished Favorites list here: <https://www.nycbigbookaward.com/2024df>

The Independent Press Award announces every spring and is open to independent authors and publishers. Visit us at <https://www.independentpressaward.com/>

The fall book competition, NYC Big Book Award, <https://www.nycbigbookaward.com/> allows all authors, publishers, and includes submissions from the big five publishers.

Join us at the BookCAMP event, a three day trade show for authors and publishers, <https://www.independentpressaward.com/ipabookcamp>

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Gabby Olczak  
Independent Press Award  
+1 973-969-1899

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