



NEWS RELEASE

NEW GRAPHIC NOVEL TACKLES MENTAL ILLNESS WITH AN ARTIST'S STORY OF INNER DEMONS AND CULTURAL JUDGEMENT.

New York, May 1 2017 — In support of Mental Health Awareness Month, award-winning illustrator [Howie Noel](#) announced his latest project today that will tackle his personal battle with anxiety.

Float, a semi-autobiographical graphic novel with accompanying concept album by musician [Victor Guest](#), lays bear the impact anxiety has had on Noel's life as a professional artist, husband and son. The [Kickstarter](#) to support the publishing of this new book will run through May 31st.

The book is brought to life through raw storytelling and graphic, often abstract, illustrations that visualize the constant struggle experienced by those with mental illness. Noel has found that talking about his anxiety with both friends and professionals has helped him the most in overcoming its ever-present pull on his psyche.

*"With this project, I've gone deeper than ever before. At times, it was disturbing. But only when we face our fears and demons can we learn how to best them. **People shouldn't feel like they have to hide what they're feeling. It's not our fault. It's not in our control. We will never overcome anxiety's effects if we're constantly hiding from it,**" said Noel.*

Since January, Noel has been sharing emotions and experiences with fans as he makes the book at [YourGlassCeiling.com](#). The [Breakthrough Moments](#) section of the site encourages fans to share their own personal moments of pain and triumph. The response has been humbling and inspiring, as one fan posted, *"And I talk about my issues. They aren't my dirty secret, they are like scars and I name and talk about my scars."*

In 2010, Noel was diagnosed with generalized anxiety disorder, finally putting a name to something he had thought of as *"something wrong with me"* for 32 years. With the diagnosis came a new understanding, and he began the journey to a healthier place, *"Anxiety is every day. It doesn't just go away because you finally realized what it is. Just*

like addiction, it's part of who you are and you have to be strong, surround yourself with support and never give up."

Noel hopes to help others by speaking openly and honestly about the difficulties of mental illness and anxiety to generate awareness and broader acceptance so that people who may feel lost can find the support and help they need.

About Howie Noel

Born on Long Island and raised in Pennsylvania, Howie Noel possessed a strong conviction to become a cartoonist from a very young age—drawing Garfield, Snoopy and Dick Tracy endlessly. His first comic strip, *The Boonies*, was published in the high school paper. After graduating from Pratt Institute in Brooklyn, NY, Noel created his first graphic novel, *Mr. Scootles* (2008). In 2009, he started publishing *Tara Normal* in webcomic format (Best New Comic 2009 – WCRCA Peoples Choice Awards; Best Paranormal Comic 2010 – Haunt Jaunts). Following this success, he created a non-fiction novel and two graphic novels under the *Tara Normal* banner, including two highly successful Kickstarter campaigns to support the character. In addition to his books, Noel is a professional illustrator and caricature artist. Clients include T-Mobile, Dave & Busters and CBS Radio. His art has also appeared on WWE Raw and TheWalkingDead.com. In 2016, Noel was voted Best Independent Comic Artist 2016 by the Spacie Awards.

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