



My Age of Anxiety

By Scott Stossel

Cornerstone. Paperback. Book Condition: new. BRAND NEW, My Age of Anxiety, Scott Stossel, This is The New York Times Bestseller and Shortlisted For The Wellcome Book Prize 2015. As recently as thirty-five years ago, anxiety did not exist as a diagnostic category. Today, it is the most common form of officially classified mental illness. Scott Stossel gracefully guides us across the terrain of an affliction that is pervasive yet too often misunderstood. Drawing on his own long-standing battle with anxiety, Stossel presents an astonishing history, at once intimate and authoritative, of the efforts to understand the condition from medical, cultural, philosophical and experiential perspectives. He ranges from the earliest medical reports of Galen and Hippocrates, through later observations by Robert Burton and Soren Kierkegaard, to the investigations by great nineteenth-century scientists, such as Charles Darwin, William James and Sigmund Freud, as they began to explore its sources and causes, to the latest research by neuroscientists and geneticists. Stossel reports on famous individuals who struggled with anxiety, as well as the afflicted generations of his own family. His portrait of anxiety reveals not only the emotion's myriad manifestations and the anguish it produces, but also the countless psychotherapies, medications and other...



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