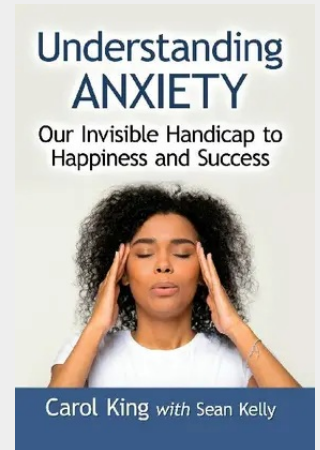


Understanding Anxiety

Our Invisible Handicap to Happiness and Success

Anxiety sufferers, as well as the health professionals and loved ones who support them, are often unaware of the extent of their struggles. Family and friends misunderstand anxious people, believing they are lazy or lack initiative. Patients seek treatment for the symptoms of anxiety again and again, never addressing the underlying reasons for their disorder. This book covers the complexity of anxiety in everyday life, as well as its effect on happiness and achievement, told through the experiences of anxiety sufferers across life stages, from childhood through retirement years. The author uses scientific literature and over forty years of clinical experience to describe the major anxiety disorders and to illuminate the scope of the condition's form and effects. For anxiety sufferers, as well as their family members and medical professionals, this book provides solutions for dealing with anxiety before it becomes too overwhelming.

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