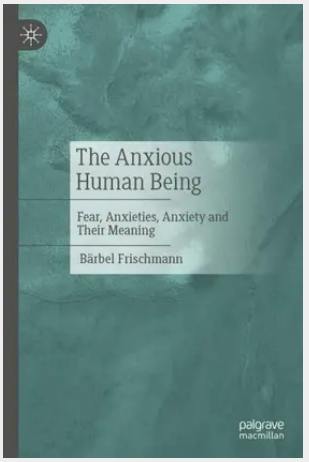
Frischmann

The Anxious Human Being

Fear, Anxieties, Anxiety and Their Meaning



Anxiety accompanies us whenever and wherever we are. It is part of being human. Humans are creatures of anxiety, and this shapes their relationship to the world, to others, and to themselves. In order to highlight the different ways in which anxiety manifests, a distinction is proposed between three basic functions: affective fear, felt anxieties, and mental anxiety. Each represents a specific form of vital danger management, encompassing not only physical protection functions but also the mental anticipation of possible risks and threats. However, anxiety—particularly in the form of emotional experiences—can become imbalanced, be experienced as distressing, and even become pathological.

Therefore, it is hoped that people possess the mental strength to meaningfully incorporate their anxieties into their lives. To offer a nuanced perspective of the topic, relevant theories from biology, psychology, sociology, and philosophy are considered, with further exploration of the findings in social, political, and ideological-worldview applications.

This book highlights the different ways in which anxiety occurs, and, at the same time, sheds light on the importance of anxiety and in what ways it can be meaningful. The book proposes a distinction between three basic manifestations of anxiety: affective fear, felt anxieties, and mental anxiety. Each represents a specific form of vital danger management, encompassing not only physical protection functions but also the mental anticipation of possible risks and threats.Anxiety accompanies us whenever and wherever we are. It is part of being human. Humans are creatures of anxiety, and this shapes their relationship to the world, to others, and to themselves. Anxiety can become imbalanced, be experienced as distressing, and even become pathological. This book offers a nuanced perspective on the topic, incorporating relevant theories from biology, psychology, sociology, and philosophy, as well as social, political, and ideological-worldview applications, as such demonstrating the relevance as well as the pitfalls of various manifestations of anxiety.

106,99 €
99,99 € (zzgl. MwSt.)

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9783662722367
Medium: Buch
ISBN: 978-3-662-72236-7
Verlag: Springer
Erscheinungstermin: 21.04.2026
Sprache(n): Englisch
Auflage: Erscheinungsjahr 2026
Produktform: Kartoniert
Gewicht: 464 g
Seiten: 287
Format (B x H): 155 x 235 mm

Kundenservice Verlag Dr. Otto Schmidt KG
Neumannstraße 10, 40235 Düsseldorf | kundenservice@otto-schmidt.de | 0221-93738-997 (Inland)