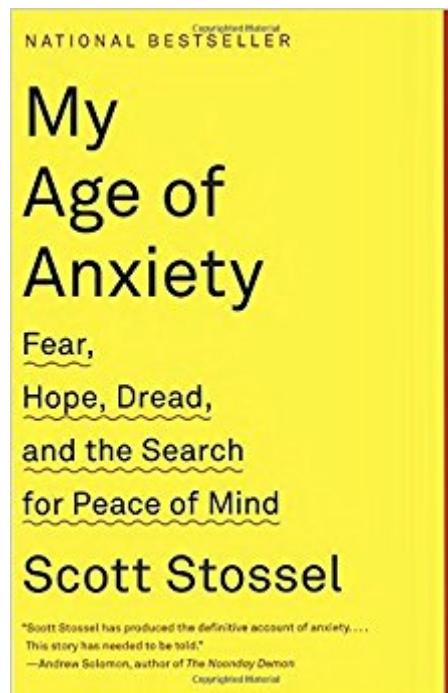




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My Age Of Anxiety: Fear, Hope, Dread, And The Search For Peace Of Mind



Synopsis

A Washington Post Notable Book A Seattle Times Best Book of the Year Drawing on his own longstanding battle with anxiety, Scott Stossel presents a moving and revelatory account of a condition that affects some 40 million Americans. Stossel offers an intimate and authoritative history of efforts by scientists, philosophers, and writers to understand anxiety. We discover the well-known who have struggled with the condition, as well as the afflicted generations of Stossel's own family. Revealing anxiety's myriad manifestations and the anguish it causes, he also surveys the countless psychotherapies, medications, and often outlandish treatments that have been developed to relieve it. Stossel vividly depicts anxiety's human toll—its crippling impact, its devastating power to paralyze. He also explores how individual sufferers—including himself—have managed and controlled symptoms. By turns erudite and compassionate, amusing and inspirational, *My Age of Anxiety* is the essential account of a pervasive and too often misunderstood affliction.

Book Information

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Customer Reviews

Starred Review Stossel, editor of the Atlantic magazine, is a very nervous man trying awfully hard not to be. He has since the age of about two been a twitchy bundle of phobias, fears, and neuroses. He suffers from lots of physical symptoms and a panoply of phobias (most notably, a fear of vomiting). He's like Woody Allen trapped in John Calvin, he confesses. Psychotherapy, multiple medications, and alcohol provide incomplete relief. He ponders the possible causes of panic attacks and anxiety: a strong genetic component, environmental

influences, and childhood upbringing. He wonders whether anxiety is purely a psychological problem or something elseâ "a medical disease, spiritual disorder, cultural phenomenon, or evolutionary survival mechanism. For a layperson, he has considerable knowledge about prescription anti-anxiety drugs (perhaps based on three decades of using them). Tying together notions about anxiety culled from history, philosophy, religion, sports, and literature with current neuropsychiatric research and his extensive personal experience, Stosselâ 's book is more than an astounding autobiography, more than an atlas of anxiety. His deft handling of a delicate topic and frustrating illness highlights the existential dread, embarrassment, and desperation associated with severe anxiety yet allows room for resiliency, hope, and transcendence. Absolutely fearless writing.

--Tony Miksanek --This text refers to the Hardcover edition.

I always used to feel sorry for myself, having suffered four debilitating episodes of clinical depression and many years of moderate-to-severe dysthymia. No longer. In fact, I feel rather fortunate not to be Scott Stossel, editor of The Atlantic, whose lifetime of psychic agonyâ "suffering is too weak a wordâ "is chronicled in excruciating, enthralling detail in *My Age of Anxiety*. [â] Stossell manages to describe the most painful and embarrassing experiences in a style that is candid but not melodramatic, heartrending but not self-pitying, wry but not cute. The book is not quite [...] a work of art. But it is an extraordinary literary performance nonetheless. [â] In an age inundated by memoirs and psychic self-help books, *My Age of Anxiety* is the rare memoir that tells an entirely compelling story and the rare self-help book that really helps. You, and many thousands of readers along with you, will laugh until you cry. â "George Scialabba --This text refers to the Hardcover edition.

Honest, frank, clear. This author is " my-kind-a-guy"!!! He discusses in detail the many meds out there waiting for all of us when we have a twinge of anxiety, depression, fear and makes sense out of it, telling us there is NO magic pill. It's a matter of trying one or all and hoping you find the combo that works. And since I had no idea there were people among us that are so struck down by anxiety every day of their lives, in the way he describes, I was relieved that my little bouts of it, (little by comparison) were all I had to tolerate. The talent that the author brings to the story is his light handed, comical, tongue-in-cheek presentation that allows the reader to walk with him hand in hand without being dismayed and depressed about the futility of it all. Great read.

This is a book for anyone who suffers psychologically. It provides a historical and philosophical

overview of mental distress, and the in-fighting that governs treatment decisions and research that might provide relief. Read it and weep, and be comforted. The author is a highly successful author/editor with a personality make-up that would keep most of us in bed 24/7, for years. He is startlingly frank, and brings "Listening to Prozac" (also highly informative for a person with depressive or anxiety disorders) up to date. I've been through the historical mill with these emotional disabilities and the medical/psychiatric community's ever-changing response to them, but compared to Stossel, I've been relatively lucky--deeply unhappy and sometimes completely frozen; unresponsive to the continuously evolving but never very different approaches and medications; and at the mercy of the sometimes brilliant and sometimes abusive professionals I've seen in the past 45+ years. It is critical to understand that these conditions are NOT the patient's fault ("you just don't want to be well"), and that about 30% of patients don't respond to any current treatment. Available medications can cause terrible side effects (we're just beginning to understand that the SSRI/SNRI sexual dysfunction may be permanent for some; "just hang in there, these meds take time to work"; "caution, this medication may increase the potential for suicide"), alone or in combination with an ever-expanding array of off-label adjunctive prescriptions. One of my friends now takes five, and the mix keeps her functioning, but not without economic, social, and emotional costs. A few years ago I was finally diagnosed with GAD, generalized anxiety disorder. It took Stossel's literate, humane, and well-researched book to make me realize my symptoms haven't changed--it's the politics and philosophy of the "helping" professions and the diagnostic manual of psychiatric disorders (DSM) that changed. He provides insightful side-views into genetic/familial roots of psychological conditions, the pharmacological and other influences that govern treatment, some common early symptomatology, and the reality that most of us who fall into this community cope the best we can. He offers no prescriptive assistance, but he shares his own experience compellingly. He's imperfect, and aren't we all. My only real criticism is that the book simply stops. There is no conclusion. I understand why, and perhaps that is the only possible conclusion.

I have generalized anxiety disorder and read everything I can get my hands on about anxiety. I read this book because I read an excerpt in The Atlantic in which the author breaks a toilet with his anxious stomach, then has to go past a Kennedy in the hallway to change his clothes. I understand Scott's pain, as I once had to knock on a complete stranger's door while out on a jog in college and completely pollute their powder room before running out of the house in shame. Anxiety rips away your pride at times. I'll tell people my intrusive thoughts and they will think I'm making them up to be funny. I'm not. Welcome to my brain. Scott's research shows there are a few pros to being extremely

anxious (we're not likely to kill ourselves mountain biking) but there are also very real challenges that people have been facing since the beginning of time. Even Darwin suffered anxiety. Darwin. There's a joke there somewhere. Anyway, this is an awesome book, both for the anxious and those who love them. I highly recommend it. -- Rita Arens, author of contemporary young adult novel THE OBVIOUS GAME (InkSpell Publishing, 2013)Â The Obvious GameÂ and editor of SLEEP IS FOR THE WEAK (Chicago Review Press, 2008)Â Sleep Is for the Weak: The Best of the Mommybloggers Including Amalah, Finslippy, Fussy, Woulda Coulda Shoulda, Mom-101, and More! (Blogger Book)

Stossel's ability to intertwine his extensive research with his own battle with anxiety allows him to approach the topic in a way I've never seen before. I genuinely hope that by externalizing his thoughts, he's able to experience some sort of relief - I was moved simply by reading it. If you're looking for practical advice, this isn't for you. It's more cathartic than anything. Perhaps empathizing with someone else is the best way to overcome those same issues.

Been dealing with depression and anxiety all my life. Mr. Stossel opens the book with a description of huge life event through his anxiety trying to take center stage. I keep this book close by so I have when my anxiety want to do the same thing.

If you've ever struggled with anxiety, read this book.

Staggeringly well researched and written with wit and compassion. An achievement indeed, and as someone with an anxiety disorder and multiple degrees, I recommend it wholeheartedly.

Stossel's book is an exhaustive journey through the history and science relating to anxiety disorders. The history is fascinating, and the science far-ranging, but the bottom line is that Stossel demonstrates both in his review of recent science and his own family history that anxiety disorders are genetic. The rest is fascinating filler. I doubt the book could have been nearly so convincing or educational had his amazingly personal, embarrassing and painful experience been left out and the evidence presented as a dispassionate survey of the literature. Stossel has done sufferers a great service.

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My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind Anxiety: Anxiety Cure

Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Dance of Fear: Rising Above Anxiety, Fear, and Shame to Be Your Best and Bravest Self How To Overcome Fear of Flying: The Cure For Fear of Airplane Flights: Conquer Your Fear Flying! The Power of Your Subconscious Mind: There Are No Limits to the Prosperity, Happiness, and Peace of Mind You Can Achieve Simply by Using the Power of the Subconscious Mind, Updated Meditation Techniques: Complete Guide to Relieving Stress, Mindfulness, Happiness and Peace (Meditation Made Easy For Beginners, How To Reduce Stress, Anxiety, Restore Confidence and Inner Peace) Peace of Mindfulness: Everyday Rituals to Conquer Anxiety and Claim Unlimited Inner Peace Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic The Fear and Anxiety Solution: A Breakthrough Process for Healing and Empowerment with Your Subconscious Mind The Fear and Anxiety Solution: Guided Practices for Healing and Empowerment with Your Subconscious Mind Shyness: How To Overcome Shyness and Social Anxiety: Own Your Mind, Confidence and Happiness (Personal Transformation, Confident, Shy, Overcome Fear, Low ... Gain Control, Boost Your Confidence Book 2) Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear, and Worry Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy Master Your Mind: Achieve Greatness by Powering Your Subconscious Mind [mental power, mind control, thought control] (brain power, subconscious mind power, NLP, Neuro Linguistic Programming) The Half That's Never Been Told: The Real-Life Reggae Adventures of Doctor Dread Naked Statistics: Stripping the Dread from the Data What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep (What to Do Guides for Kids)

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