

MY AGE OF ANXIETY

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I read My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind with some anxiety that this book about anxiety would make me anxious. But I also hoped that Scott Stossel's part-memoir, part-history-of-anxiety would provide me with some insights into the mental illness that follows me around my life, with its dread and catastrophizing. While I did feel that some things were

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MY AGE OF ANXIETY: Fear, Hope, Dread, and the Search for Peace of Mind. By Scott Stossel. 400 pp. Alfred A. Knopf. \$27.95. Nathan Heller is a staff writer for The New Yorker and a film and TV

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My Age of Anxiety Drawing on his own long-standing battle with anxiety, Scott Stossel, author of My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind, presents the history and efforts to understand an affliction that is pervasive yet often misunderstood.

[My Age of Anxiety by Scott Stossel | PenguinRandomHouse ...](#)

About My Age of Anxiety. 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.

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My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind eBook: Scott Stossel: Amazon.ca: Kindle Store. Amazon.ca Try Prime Kindle Store Go. Search EN Hello. Sign in Your Account Sign in Your Account Try Prime Wish List Cart 0

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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. Bookforum

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In My Age of Anxiety, Scott Stossel delves into each of these questions and more. The book is the most comprehensive and complete narrative of the history, the perceptions, reasons, the social stigmas, and the SCIENCE behind anxiety that I have ever read.