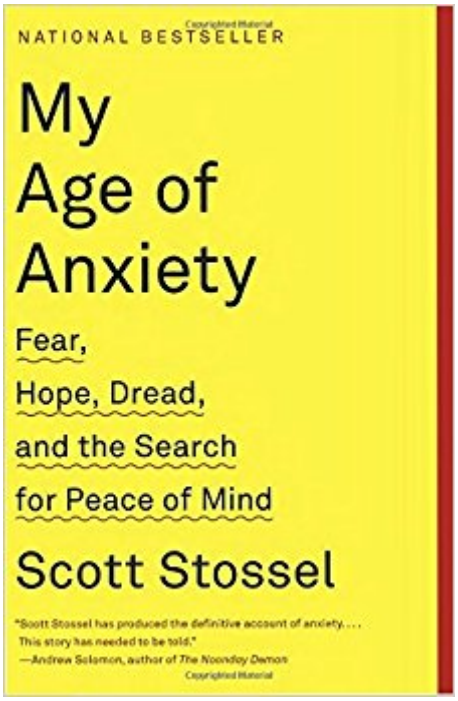
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My Age Of Anxiety: Fear, Hope, Dread, And The Search For Peace Of Mind



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Synopsis

A Washington Post Notable BookA Seattle Times Best Book of the YearDrawing 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. Ã Â Ã Â Ã Â Ã Â Stossel vividly depicts anxietyÃ¢â ¬â„¢s human tollÃ¢â ¬â •its crippling impact, its devastating power to paralyze. He also explores how individual sufferersÃ¢â ¬â •including himselfÃ¢â ¬â •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. Ã¢â ¬Å“I have since the age of about two been a twitchy bundle of phobias, fears, and neuroses.Ã¢â ¬Â• He suffers from lots of physical symptoms and a panoply of phobias (most notably, a fear of vomiting). Ã¢â ¬Å“IÃ¢â ¬â„¢m like Woody Allen trapped in John Calvin,Ã¢â ¬Â• 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 elseÃ¢â ¬â •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, StosselÃ¢â ¬â„¢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 agonyÃ¢â ¬â •suffering is too weak a wordÃ¢â ¬â •is chronicled in excruciating, enthralling detail in My Age of Anxiety. [Ã¢â ¬Â¦] Stossell manages to describe the most painful and embarassing 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. [Ã¢â ¬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. Ã¢â ¬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

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)Ã Â The Obvious GameÃ Â and editor of SLEEP IS FOR THE WEAK (Chicago Review Press, 2008)Ã Â Sleep Is for the Weak: The Best of the Mommybloggers Including Amalah, Finslippy, Fussy, Woulda Coulda Shoulda, Mom-101, and More! (Blogher 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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