

NATIONAL BESTSELLER

My Age of Anxiety

Fear,

Hope, Dread,

and the Search

for Peace of Mind

Scott Stossel

"Scott Stossel has produced the definitive account of anxiety. . . .

This story has needed to be told."

—Andrew Solomon, author of *The Noonday Demon*

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

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."

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