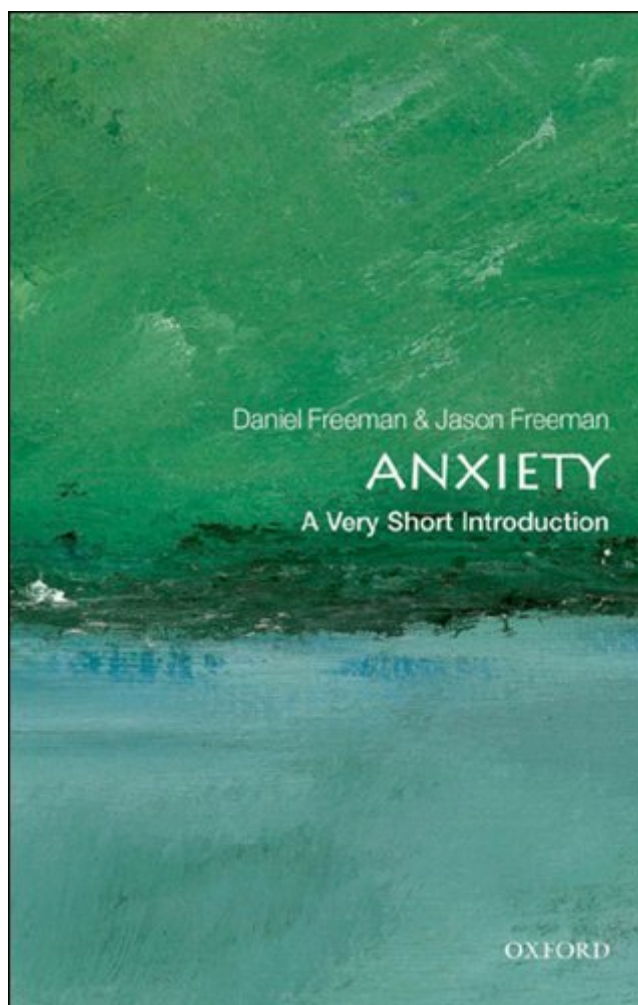


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# Anxiety: A Very Short Introduction (Very Short Introductions)



## Synopsis

Are we born with our fears or do we learn them? Why do our fears persist? What purpose does anxiety serve? How common are anxiety disorders, and which treatments are most effective? What's happening in our brain when we feel fear? And what are Colombian worry dolls? This Very Short Introduction draws on the best scientific research to offer a highly accessible explanation of what anxiety is, why it is such a normal and vital part of our emotional life, and the key factors that cause it. Insights are drawn from psychology, neuroscience, genetics, epidemiology, and clinical trials. Providing a fascinating illustration of the discussion are two interviews conducted specifically for the book, with the actor, writer, director, and television presenter Michael Palin and former England football manager Graham Taylor. The book covers in detail the six major anxiety disorders: phobias; panic disorder and agoraphobia; social anxiety; generalised anxiety disorder; obsessive compulsive disorder; and post-traumatic stress disorder. With a chapter devoted to each disorder, Daniel and Jason Freeman take you through the symptoms, prevalence, and causes of each one. A final chapter describes the treatments available for dealing with anxiety problems.

**ABOUT THE SERIES:** The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

## Book Information

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## Customer Reviews

This is a good introduction to some aspects of a subject concerning human being, namely anxiety (including fear, pp 11-12). Various approaches to the subject are concisely presented and main treatments are cursorily pointed out. However this book ignores a number of cardinal issues, which should have been taken up even in a brief introduction, such as: (1) Religious beliefs regarding adversity and traumas as God-ordained, and ideologies regarding suffering as a sign of heroism and of devotion to an important mission, which ameliorate anxiety and often prevent it; (2) societies getting used to anxiety-generating events, such as wars and terror, which are accepted as part of normal individual and national history. Worse, the most extreme cases of anxiety-producing environments, such as concentration and killing camps and prolonged combat are not discussed. Studying the history of survivors of Nazi killing camps who later led a fulfilling life in supportive cultural and material environments leads to quite different understandings, well treated in professional literature amazingly ignored in this book. This leads to post-traumatic stress disorders (pp. 102-110). Treating it has become quite an industry, a telling fact not mentioned in the book. But it is far from clear when it helps or rather reinforced post-traumatic symptoms by explicitly recognizing them as needed treatment instead of leaving them to natural healing processes -- with treatment in some respects creating the disease. This issue, as well recognized in some countries, should have been presented. And the overall sociology of anxiety disorders, which in part regards them as a socially constructed disease, is completely ignored.

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