The Anxiety Disease: New Hope for the Millions Who Suffer from Anxiety

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The Anxiety Disease: New Hope for the Millions Who Suffer from Anxiety David Sheehan Anxiety is not always psychological but rather a disease that can now be controlled. The symptoms are devastating: sudden unprovoked attacks of anxiety-accompanied by skipping and racing of the heart, shortness of breath, lightheadedness, dizzy spells. Even worse is the fear that you are losing your mind. But here's the good news. The more unexpected and unprovoked the attacks or the symptoms, the more likely that the victim is suffering from a biologically beset disease. What's more, medical science can now overcome this disease in virtually all cases through a combination of drugs and behavior therapy. Dr. David V. Sheenan, formerly of the Havard Medical School, is now the Director of Research of the College of Medicine at the University of South Florida in Tampa. He draws upon recent research and his own pioneering breakthroughs in the treatment of anxiety to present in this book: -Quizzes that will help you determine whether your anxiety is caused by normal stress or is the result of a genetically influenced physical disorder. Seven progressive stages of the disease-and the four steps necessary for recovery. Detailed case histories of former anxiety victims who are now leading full and productive lives. Reassurance and guidance to family members and friends who want to help, but don't know how. This book offers new hope to millions of men and women across the country.

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