

my age of anxiety scott stossel

My Age of Anxiety Scott Stossel: Exploring the Depths of a Modern Mental Health Classic

my age of anxiety scott stossel is more than just a book title—it's an intimate journey into the complex world of anxiety, penned by Scott Stossel, a seasoned journalist and editor who courageously shares his personal struggles alongside scientific insights. Whether you're someone grappling with anxiety yourself or simply curious about the condition that affects millions worldwide, Stossel's work offers a compelling blend of memoir, history, and research that sheds light on the many facets of anxiety.

Understanding the Essence of “My Age of Anxiety” by Scott Stossel

At its core, “My Age of Anxiety” is a deeply personal yet universally relevant exploration of anxiety disorders. Scott Stossel doesn't just report on anxiety from the outside; he invites readers into his own life, detailing decades of battling severe anxiety and panic attacks. This approach creates a narrative that is both relatable and informative, bridging the gap between clinical knowledge and lived experience.

Who Is Scott Stossel?

Scott Stossel is the editor of The Atlantic's print edition, but he is perhaps best known for this landmark book that delves into anxiety from multiple angles. His background as a journalist equips him to dissect the subject with precision, while his openness about his own mental health challenges adds a layer of authenticity that resonates with readers. His candid voice helps dismantle stigma surrounding anxiety disorders, making the book a vital resource for those seeking understanding and empathy.

What Makes “My Age of Anxiety” Stand Out?

Unlike many self-help books or clinical manuals, Stossel's narrative blends personal memoir with historical context and scientific exploration. He traces anxiety's roots through history, exploring how societies have understood and treated anxiety over centuries. This historical perspective enriches the reader's understanding of how deeply anxiety is woven into the human experience.

Additionally, Stossel discusses various treatment methods, from medications and therapy to alternative approaches, providing a balanced view of what works and what doesn't. This comprehensive scope makes the book valuable not only to sufferers but also to clinicians, caregivers, and anyone interested in mental health.

The Science and History Behind Anxiety in “My Age of Anxiety”

One of the book’s strongest points is its detailed examination of anxiety’s biological and psychological underpinnings. Stossel delves into neuroscience, genetics, and the evolutionary aspects of anxiety, painting a picture of anxiety as both a protective mechanism and a potential source of debilitating distress.

The Biological Basis of Anxiety

Stossel explains how anxiety involves complex brain circuits, including the amygdala and prefrontal cortex, which govern fear responses and emotional regulation. He discusses neurotransmitters like serotonin and norepinephrine, highlighting how imbalances can lead to anxiety disorders. This scientific explanation helps demystify anxiety, showing it as a condition rooted in brain chemistry rather than a character flaw.

Anxiety Through the Ages

The historical sections provide fascinating insights into how anxiety was perceived in different eras. From ancient times, where anxiety symptoms might have been interpreted as spiritual possession, to the rise of modern psychiatry, Stossel’s historical narrative demonstrates how cultural attitudes shape the experience and treatment of anxiety.

Famous Figures and Anxiety

Stossel also profiles well-known personalities who struggled with anxiety and related conditions, such as Charles Darwin and Marcel Proust. These stories help normalize anxiety, showing that it has affected many brilliant minds throughout history.

Personal Reflections: Scott Stossel’s Journey with Anxiety

What truly makes “My Age of Anxiety” compelling is Scott Stossel’s willingness to peel back the layers of his own experience. His descriptions of panic attacks, obsessive rumination, and the impact of anxiety on his daily life offer readers an intimate glimpse into the challenges faced by those with anxiety disorders.

The Impact on Daily Life

Stossel candidly discusses how anxiety has affected his work, relationships, and overall well-being. He doesn't shy away from the darker moments, including his struggles with medication side effects and the frustration of living with a chronic condition.

Finding Treatment and Coping Strategies

Throughout the book, Stossel shares the various treatments he has tried—from different medications to cognitive-behavioral therapy (CBT) and lifestyle changes. His honest assessment of what helped and what didn't provides practical insight for readers seeking their own path to managing anxiety.

Why Sharing Personal Stories Matters

By openly sharing his story, Stossel contributes to breaking down the stigma surrounding mental illness. His narrative encourages others to seek help and reminds readers that they are not alone in their struggles.

How “My Age of Anxiety” Contributes to Mental Health Awareness

Since its publication, “My Age of Anxiety” has become a touchstone in conversations about mental health. It serves as both an educational resource and a source of comfort for those affected by anxiety.

Raising Awareness and Reducing Stigma

Stossel's detailed and compassionate portrayal helps foster greater understanding of anxiety disorders, combating misconceptions that often lead to shame or isolation.

Inspiring Empathy and Support

For friends and family members of those with anxiety, the book offers valuable insights into what their loved ones may be experiencing, encouraging empathy and supportive behaviors.

Informing Clinical Practice

Mental health professionals have also found value in Stossel's work, as it combines scientific rigor

with the lived experience of anxiety, offering a well-rounded perspective that can inform patient care.

Tips Inspired by “My Age of Anxiety” for Managing Anxiety

While the book itself is not a self-help manual, readers can derive practical tips from Stossel’s experiences and research. Here are some key takeaways for managing anxiety:

- **Seek professional help:** Don’t hesitate to consult a mental health professional for diagnosis and treatment options.
- **Explore different therapies:** Options like CBT, mindfulness, and medication can be tailored to individual needs.
- **Understand your triggers:** Identifying what sparks anxiety can help in developing coping strategies.
- **Practice self-compassion:** Recognize that anxiety is a medical condition, not a personal failing.
- **Stay informed:** Learning about anxiety can empower you and reduce fear of the unknown.

Why “My Age of Anxiety” Remains Relevant Today

In today’s fast-paced, uncertain world, anxiety disorders are more prevalent than ever. Scott Stossel’s comprehensive exploration remains timely, offering readers clarity amidst the noise. His combination of personal narrative, scientific explanation, and historical context creates a multi-dimensional picture of anxiety that continues to resonate with a diverse audience.

Whether you’re a student of psychology, a mental health advocate, or someone seeking connection through shared experience, “My Age of Anxiety” stands out as a profound contribution to understanding one of the most common yet misunderstood mental health challenges of our time.

Frequently Asked Questions

What is the main theme of 'My Age of Anxiety' by Scott Stossel?

The main theme of 'My Age of Anxiety' is the exploration of anxiety disorders, combining the

author's personal experiences with a historical and scientific overview of anxiety.

Who is Scott Stossel, the author of 'My Age of Anxiety'?

Scott Stossel is an American journalist and editor known for his work at The Atlantic. He is also the author of 'My Age of Anxiety,' where he details his lifelong struggle with anxiety disorders.

How does Scott Stossel describe his personal experience with anxiety in the book?

Scott Stossel provides an intimate and detailed account of his battles with various anxiety disorders, including panic attacks and agoraphobia, sharing how anxiety has affected his life and relationships.

Does 'My Age of Anxiety' include scientific information about anxiety?

Yes, the book combines memoir with scientific research, discussing the biology, psychology, and history of anxiety disorders to provide a comprehensive understanding of the condition.

What makes 'My Age of Anxiety' different from other books on anxiety?

Unlike many self-help books, 'My Age of Anxiety' blends memoir, historical analysis, and scientific research, offering a nuanced and deeply personal perspective on anxiety.

Has 'My Age of Anxiety' by Scott Stossel received critical acclaim?

Yes, the book has been praised for its eloquent writing, thorough research, and honest portrayal of anxiety, earning positive reviews from critics and readers alike.

What treatment options for anxiety does Scott Stossel discuss in the book?

Stossel discusses various treatments, including medication, therapy, and lifestyle changes, sharing what has worked for him and providing insight into the challenges of managing anxiety.

Is 'My Age of Anxiety' suitable for readers who do not suffer from anxiety?

Yes, the book is informative for anyone interested in understanding anxiety better, as it offers historical context and scientific explanations alongside a personal narrative.

How has 'My Age of Anxiety' contributed to the conversation

about mental health?

The book has helped destigmatize anxiety by openly discussing the condition, encouraging empathy and awareness, and highlighting the complexity of mental health struggles.

Additional Resources

My Age of Anxiety: A Deep Dive into Scott Stossel's Landmark Exploration of Mental Health

my age of anxiety scott stossel stands as a seminal work in contemporary literature on mental health, blending memoir, history, and scientific analysis into a compelling narrative. In "My Age of Anxiety," Scott Stossel, an accomplished journalist and editor, offers an intimate yet expansive examination of anxiety disorders, drawing from his personal struggles and an impressive breadth of research. The book has garnered significant attention for its candid portrayal of anxiety's complexities, its historical context, and the evolving understanding of mental illness.

Exploring the Landscape of Anxiety Through Personal and Historical Lenses

At its core, "My Age of Anxiety" is a multifaceted exploration that transcends typical self-help or clinical manuals. Scott Stossel intertwines his lifelong battle with anxiety with a thorough investigation into the science, history, and culture surrounding this condition. His narrative moves seamlessly between personal anecdotes and detailed accounts of psychological theories, making the book both accessible and deeply informative.

Anxiety, as Stossel portrays it, is not merely a transient state of nervousness but a pervasive condition that has shaped human experience throughout history. The book situates modern anxiety disorders within a broader historical framework, tracing the evolution of understanding from ancient times to contemporary neuroscience. This approach lends depth and context, helping readers grasp why anxiety manifests as it does and how societal attitudes toward mental illness have evolved.

Scientific Foundations and Psychological Insights

One of the strengths of "My Age of Anxiety" lies in its rigorous examination of the biological and psychological underpinnings of anxiety. Stossel delves into the neurochemical processes involved, such as the role of neurotransmitters like serotonin and GABA, and explores how genetic and environmental factors interplay to trigger anxiety disorders. His analysis is grounded in current research, referencing studies that illuminate the brain's response to stress and fear.

Moreover, Stossel discusses various types of anxiety disorders, including generalized anxiety disorder (GAD), panic disorder, and phobias, providing readers with a clear understanding of their symptoms and diagnostic criteria. This scientific rigor enhances the book's credibility and distinguishes it from more anecdotal or speculative treatments of the subject.

Memoir as a Lens: The Personal Side of Anxiety

Scott Stossel's candidness about his own experiences with anxiety adds a compelling human dimension to the book. Readers witness the author's lifelong struggle with debilitating panic attacks, obsessive thoughts, and social anxieties, which lends authenticity to his exploration. His narrative does not shy away from the darker aspects of living with anxiety, including the impact on relationships, professional life, and self-perception.

This personal angle serves an important function: it destigmatizes anxiety by showing it as a common, albeit challenging, human experience. Stossel's transparency invites empathy and understanding, making the book resonate with individuals who face similar challenges. It also underscores the importance of seeking help and the potential for managing anxiety through various treatments.

Comparisons and Context: How "My Age of Anxiety" Stands Out

In the crowded field of mental health literature, "My Age of Anxiety" distinguishes itself through its blend of genres and comprehensive scope. Unlike many anxiety-focused books that lean heavily on personal narrative or clinical advice, Stossel's work balances memoir, history, and science with remarkable deftness.

When compared to other notable works such as Kay Redfield Jamison's "An Unquiet Mind" or William Styron's "Darkness Visible," Stossel's book offers a broader historical and scientific context. It is less about bipolar disorder or depression and more about anxiety's multifaceted nature, making it an essential read for those interested in understanding this specific domain of mental health.

Strengths and Limitations

- **Strengths:** The integration of personal narrative with scientific explanation creates a compelling and educational experience. Stossel's writing is articulate and engaging, making complex psychological concepts accessible to a general audience. The historical perspective enriches the reader's appreciation for how perceptions of anxiety have changed over time.
- **Limitations:** Some readers may find the book's dense scientific sections challenging or overly detailed. Additionally, while Stossel's memoir is poignant, it naturally centers on his unique experience, which may not fully represent the diversity of anxiety disorders across different populations.

The Impact of “My Age of Anxiety” on Public Understanding and Mental Health Discourse

Since its publication, "My Age of Anxiety" has played a significant role in shaping public conversations about anxiety disorders. The book's candidness helps to normalize mental health struggles and encourages a more nuanced understanding beyond stereotypes or simplistic explanations.

In addition, Stossel's detailed exploration of treatment options — including psychotherapy, medication, and lifestyle interventions — offers readers practical insights. His discussion acknowledges the limitations and controversies surrounding pharmacological treatments, underscoring the importance of individualized care.

Relevance in Today's Mental Health Climate

Anxiety disorders are among the most common mental health conditions worldwide, affecting millions. Stossel's work gains further relevance amid rising awareness of mental health issues, especially in the context of global stressors such as the COVID-19 pandemic and social upheavals.

"My Age of Anxiety" provides a resource that is not only informative but also empathetic, encouraging readers to confront their fears and seek support. It bridges the gap between clinical understanding and lived experience, making it a valuable contribution to ongoing mental health advocacy and education.

Final Thoughts on Scott Stossel's Contribution to Anxiety Literature

"My Age of Anxiety Scott Stossel" is much more than a memoir; it is a comprehensive examination of anxiety as both a personal affliction and a complex, multifaceted phenomenon. Through meticulous research and heartfelt storytelling, Stossel opens a window into the inner workings of anxiety disorders, offering readers clarity and compassion.

His work challenges stigma, enriches mental health discourse, and provides a foundation for further exploration and empathy. For anyone seeking to understand anxiety from multiple angles — scientific, historical, and deeply personal — "My Age of Anxiety" remains an indispensable text.

[My Age of Anxiety Scott Stossel](#)

my age of anxiety scott stossel: My Age of Anxiety Scott Stossel, 2014-01-07 A riveting, revelatory, and moving account of the author's struggles with anxiety, and of the history of efforts by scientists, philosophers, and writers to understand the condition As recently as thirty-five years ago, anxiety did not exist as a diagnostic category. Today, it is the most common form of officially

classified mental illness. Scott Stossel gracefully guides us across the terrain of an affliction that is pervasive yet too often misunderstood. Drawing on his own long-standing battle with anxiety, Stossel presents an astonishing history, at once intimate and authoritative, of the efforts to understand the condition from medical, cultural, philosophical, and experiential perspectives. He ranges from the earliest medical reports of Galen and Hippocrates, through later observations by Robert Burton and Søren Kierkegaard, to the investigations by great nineteenth-century scientists, such as Charles Darwin, William James, and Sigmund Freud, as they began to explore its sources and causes, to the latest research by neuroscientists and geneticists. Stossel reports on famous individuals who struggled with anxiety, as well as on the afflicted generations of his own family. His portrait of anxiety reveals not only the emotion's myriad manifestations and the anguish anxiety produces but also the countless psychotherapies, medications, and other (often outlandish) treatments that have been developed to counteract it. Stossel vividly depicts anxiety's human toll—its crippling impact, its devastating power to paralyze—while at the same time exploring how those who suffer from it find ways to manage and control it. *My Age of Anxiety* is learned and empathetic, humorous and inspirational, offering the reader great insight into the biological, cultural, and environmental factors that contribute to the affliction.

my age of anxiety scott stossel: *My Age of Anxiety* by Scott Stossel: a 30-Minute Chapter-by-Chapter Summary InstaRead Summaries Staff, 2014-02-27 With InstaRead Chapter-by-Chapter Summaries, you can get the essence of a book in 30 minutes or less. We read every chapter and summarize it in one or two paragraphs so you can get the information contained in the book at a faster rate. This is an InstaRead Summary of *My Age of Anxiety: Fear, Hope, Dread, and the Search for Peace of Mind* by Scott Stossel. Below is a preview of the earlier sections of the summary. PART I: The Riddle of Anxiety 1: The Nature of Anxiety On the day Scott Stossel got married, he had an anxiety attack at the altar. He sweated profusely, and thought he was going to pass out. He worried that his friends and family would think that he was having second thoughts about marriage. When the wedding was over, and he was at the reception, his symptoms faded away. Even with his anxiety attack over, he felt despair because he couldn't get through his wedding without suffering from his disorder. These panic attacks are not uncommon for Stossel. He also had them when his wife was giving birth, during public lectures, job interviews, simply reading a book, etc. These panic attacks are often accompanied by the feeling that he is going to die. When he is not enduring a panic attack, he still has constant anxiety. He worries about his health, his family's health, his finances, and many other things. These worries are worsened by stomach aches, dizziness, and other symptoms that are similar to the flu. Sometimes he also has trouble breathing and walking. He has many phobias, from a fear of heights to a fear of cheese. Stossel had anxiety as a child as well. He would worry about his parents dying in a car crash. He spent his afternoons in the school nurse's office, and ended a relationship with a girl after he had intense anxiety when she leaned in to kiss him. Stossel has tried numerous treatments for his anxiety, including psychotherapy, hypnosis, rational emotive therapy, medications, self-help books, and alcohol. None of these eased his symptoms in the long term. He has given up on trying to treat the anxiety, and hopes to learn to accept his disorder. Anxiety disorders are the most common type of mental illness in the United States. Forty million Americans have an anxiety disorder. 31% of funds spent on mental health care is to help people with anxiety disorders. 1 in 4 people will experience crippling anxiety some time in their life. Studies have found that anxiety affects people worldwide. One in six people in the world will have an anxiety disorder for a minimum of a year within their lifetime. These studies only account for people who are clinically considered to have anxiety disorders. By 1950, only three books had been written about anxiety (the authors being: Sigmund Freud, Søren Kierkegaard, and Rollo May). This dismal research continued until an anti-anxiety drug was created in 1980. The treatment helped the disorder to be added to the Diagnostic and Statistical Manual of Mental Disorders. Now, anxiety research is flourishing. fMRI technology is even being used to look at how anxiety and parts of the brain are related. For example, general worries about the future (such as when Stossel worries about if his children will be able to pay for college) occurs in the

frontal lobes of the cerebral...

my age of anxiety scott stossel: *Ages of Anxiety* Craig E. Stephenson, 2025-06-25 Craig E. Stephenson's *Ages of Anxiety* examines how W. H. Auden in his Pulitzer Prize winning poem, *The Age of Anxiety*, used C. G. Jung's psychological types to structure and explore his responses to war and the rise of fascism. This newly revised edition of Stephenson's 2015 Zürich Lecture Series tracks Auden's notion of the poet's responsibilities and of the importance of the symbolic life in a time of conflict. The book tracks how Auden's poem inspired Leonard Bernstein's second symphony and how three choreographers (Jerome Robbins, John Neumeier, Liam Scarlett) created dances set to this work, with Jung's psychology running through all these creative extrapolations like a common thread. In this expanded edition, Stephenson considers how the contemporary essayists Scott Stossel and Roberto Calasso employ Auden's poem as touchstones for their own explorations of the meaning of anxiety in our time. *Ages of Anxiety* will be of interest to analytical psychologists, literary historians, performing arts historians, mental health practitioners, as well as the common reader.

my age of anxiety scott stossel: *Fibromyalgia: Unravelling the Mysteries of the Dis-Ease* Barbara A. Keddy R.N. Ph.D., 2022-07-19 As an invisible and somewhat mysterious syndrome fibromyalgia (FMS) affects millions. It is poorly understood by the contemporary medical establishment and it is difficult to find effective treatment. There is a great deal of fear associated with FMS and its companion chronic fatigue syndrome (CFS). It is little wonder that those afflicted are frustrated and often feel hopeless after searching for a long time for the causes of chronic pain and fatigue and then finally receiving a tentative diagnosis. Many have felt ashamed and guilty of living with a condition for which they often feel denigrated and is not easily diagnosed. This book is somewhat of a sequel to the first book *Women and Fibromyalgia Living with an Invisible Dis-ease*, published in 2007. However, it is an updated and more inclusive approach, presenting daring, tentative theories about these two conditions, based upon the research that has evolved over recent years. The author who has been living with FMS and CFS for many decades, writing blogs on a website and looking back on the formal interviews from the first book, a developed a comprehensive theoretical approach will entice the reader suffering from these syndromes to reconsider their own lives and to live more hopefully with the challenges of these conditions. Answers to their many questions will finally be put to rest. The types of personalities of those who develop these syndromes may appear scientifically unproven but the approach presented is supported by the hundreds of people world wide who agree with the theories put forward, the comments of which were found primarily on the website from which this book was sprung. It is a maze which has placed the dots in a comprehensive model for understanding.. FMS, CFS, PTSD are linked together for their commonalities of symptoms. Symptoms and management strategies are discussed of all three.

my age of anxiety scott stossel: *Z Score Neurofeedback* Robert W. Thatcher, Joel F. Lubar, 2014-09-20 Neurofeedback is utilized by over 10,000 clinicians worldwide with new techniques and uses being found regularly. Z Score Neurofeedback is a new technique using a normative database to identify and target a specific individual's area of dysregulation allowing for faster and more effective treatment. The book describes how to perform z Score Neurofeedback, as well as research indicating its effectiveness for a variety of disorders including pain, depression, anxiety, substance abuse, PTSD, ADHD, TBI, headache, frontal lobe disorders, or for cognitive enhancement. Suitable for clinicians as well as researchers this book is a one stop shop for those looking to understand and use this new technique. - Contains protocols to implement Z score neurofeedback - Reviews research on disorders for which this is effective treatment - Describes advanced techniques and applications

my age of anxiety scott stossel: *Unnerved* Jason Schnittker, 2021-06-08 Anxiety is not new. Yet now more than ever, anxiety seems to define our times. Anxiety disorders are the most common psychiatric disorders in the United States, exceeding mood, impulse-control, and substance-use disorders, and they are especially common among younger cohorts. More and more Americans are taking antianxiety medications. According to polling data, anxiety is experienced more frequently than other negative emotions. Why have we become so anxious? In *Unnerved*, Jason Schnittker investigates the social, cultural, medical, and scientific underpinnings of the modern state of mind.

He explores how anxiety has been understood from the late nineteenth century to the present day and why it has assumed a more central position in how we think about mental health. Contrary to the claims that anxiety reflects large-scale traumas, abrupt social transitions, or technological revolutions, Schnittker argues that the ascent of anxiety has been driven by slow transformations in people, institutions, and social environments. Changes in family formation, religion, inequality, and social relationships have all primed people to be more anxious. At the same time, the scientific and medical understanding of anxiety has evolved, pushing it further to the fore. The rise in anxiety cannot be explained separately from changes in how patients, physicians, and scientists understand the disorder. Ultimately, Schnittker demonstrates that anxiety has carried the imprint of social change more acutely than have other emotions or disorders, including depression. When societies change, anxiety follows.

my age of anxiety scott stossel: Nine Dimensions of Madness Robert L. Gallon, 2015-11-03 In a book that reframes the mental health debate, Robert L. Gallon challenges the widely-held notion that mental disorders are medical diseases. Drawing on his extensive experience as a psychologist who has worked with thousands of patients, he argues that there are no objective indicators of mental disorders and therefore no way of drawing a distinct line between people who have them and people who don't. He outlines an alternative to the disease model defined by nine dimensions of dysfunction that encompass the range of human dysfunctions typically classified as mental disorders. He explains the origin of these problems, not as chemical imbalances and genetic abnormalities, but as the complex interaction of biological, psychological and social factors, called the Biopsychosocial model. Gallon explains the history of psychiatry and how it came to develop a medical model that codifies mental disorders in the psychiatric bible, the Diagnostic and Statistical Manual of Mental Disorders (DSM), now in its fifth edition. He demonstrates how, in 1950s and 1960s when the miracle psychiatric drugs came on the market, it was to the great economic advantage of both pharmaceutical companies and psychiatrists to describe people's problems in the language of medicine. His alternative to this disease model suggests descriptive types--Reality Misperception, Mood Dysfunction, Anxiety, Cognitive Competence, Social Competence, Somatoform Dysfunction, Substance Dependence, Motivation and Impulse Control, and Socialization Dysfunction--that we can construct to discuss the kinds and severities of problems people experience. These are not discrete abnormalities, but are sorts of dysfunction that can be placed on dimensions of dysfunction. Table of Contents Part I History of Madness 1. Introduction and Some Definitions 2. How madness became Medical 3. The Rise of Psychiatric Diagnosis 4. An Alternative Model Part II Dimensions of Madness 5. Reality Misperception 6. Mood Dysfunction 7. Anxiety 8. Cognitive Competence 9. Social Competence 10. Somatoform Dysfunction 11. Substance Dependence 12. Motivation and Impulse Control 13. Socialization Dysfunction Part III Treatment and Other Issues 14. What is Mental Health Treatment? 15. The Future

my age of anxiety scott stossel: Anxious Joseph E. LeDoux, 2015 An exploration of anxiety and fear from a leading neuroscientist and the author of *Synaptic self*.

my age of anxiety scott stossel: The Happiness Curve Jonathan Rauch, 2018-05-01 In this warm, wise, and witty overview, Jonathan Rauch combines evidence and experience to show his fellow adults that the best is yet to come." —Steven Pinker, bestselling author of *Enlightenment Now* This book will change your life by showing you how life changes. Why does happiness get harder in your 40s? Why do you feel in a slump when you're successful? Where does this malaise come from? And, most importantly, will it ever end? Drawing on cutting-edge research, award-winning journalist Jonathan Rauch answers all these questions. He shows that from our 20s into our 40s, happiness follows a U-shaped trajectory, a "happiness curve," declining from the optimism of youth into what's often a long, low slump in middle age, before starting to rise again in our 50s. This isn't a midlife crisis, though. Rauch reveals that this slump is instead a natural stage of life—and an essential one. By shifting priorities away from competition and toward compassion, it equips you with new tools for wisdom and gratitude to win the third period of life. And Rauch can testify to this personally because it was his own slump, despite acclaim as a journalist and commentator that compelled him to

investigate the happiness curve. His own story and the stories of many others from all walks of life—from a steelworker and a limo driver to a telecoms executive and a philanthropist—show how the ordeal of midlife malaise reboots our values and even our brains for a rebirth of gratitude. Full of insights and data and featuring many ways to endure the slump and avoid its perils and traps, *The Happiness Curve* doesn't just show you the dark forest of midlife, it helps you find a path through the trees. It also demonstrates how we can—and why we must—do more to help each other through the woods. Midlife is a journey we mustn't walk alone.

my age of anxiety scott stossel: *Uproar* Peter L. Steinke, 2019-02-13 If “these are the times that test men’s souls,” never more than for the leader’s ability to think clearly, to be present calmly, and to challenge effectively. It’s a time when leaders cannot be as anxious as those they serve; otherwise, the system is leaderless. Anxiety flows down like water from a leaky pipe. To lead effectively we must understand the impact of powerful emotional forces on people’s behavior, especially in anxious times. *Uproar: Calm Leadership in Anxious Times* helps leaders understand the powerful impact that emotional processes have on the people they lead. Peter Steinke, bestselling author of *Congregational Leadership in Anxious Times* draws on decades of work on system conflict and personal experiences to share real stories of challenges leaders have faced and how understanding the power of emotions has dramatically influenced their success. In this book, readers will observe important leadership characteristics such as separating oneself from the surrounding anxiety, making decisions based on principle and not instinct, taking responsibility for one’s own emotional being, staying connected to others including those who disagree with you, being a non-anxious presence, focusing on emotional processes rather than the symptoms they produce, knowing people naturally influence one another, and recognizing leader and follower as complements. At the end of each chapter, there is a Leader’s Notebook, a short section to illustrate, enrich or engage your thinking about leadership. As Steinke suggests, being anxious causes you to lose perspective, and leaders do their best thinking when they are not overly stressed and can think about options, doing their best work when they work on themselves. So where are you in your leadership journey? No matter where you are—beginning, middle or end— this book will be one the most significant leadership books you’ll read.

my age of anxiety scott stossel: *The Power of Different* Gail Saltz, M.D., 2017-03-07 A powerful and inspiring examination of the connection between the potential for great talent and conditions commonly thought to be disabilities, revealing how the source of our struggles can be the origin of our greatest strengths. In *The Power of Different*, psychiatrist and bestselling author Gail Saltz examines the latest scientific discoveries, profiles famous geniuses who have been diagnosed with all manner of brain “problems”—including learning disabilities, ADD, anxiety, depression, bipolar disorder, schizophrenia, and autism. Saltz shows how the very conditions that cause people to experience difficulty at school, in social situations, at home, or at work, are inextricably bound to creative, disciplinary, artistic, empathetic, and cognitive abilities. Interweaving robust scientific research and captivating anecdotes from notable geniuses, you will see how brain differences have been instrumental in shaping some of the world’s most creative minds. Discover how everyone can not only cope with these conditions, but thrive because of them. *The Power of Different* is a life-affirming read that illuminates the transformative power of cognitive diversity, representing a milestone in the intersecting frontiers of cognitive neuroscience, neuropsychology, and self-help psychology.

my age of anxiety scott stossel: *Pill* Robert Bennett, 2019-03-21 *Object Lessons* is a series of short, beautifully designed books about the hidden lives of ordinary things. “You are what you eat.” Never is this truer than when we use medications, from beta blockers and aspirin to Viagra and epidurals—and especially psychotropic pills that transform our minds as well as our bodies. Meditating on how modern medicine increasingly measures out human identity not in T. S. Eliot’s proverbial coffee spoons but in 1mg-, 5mg-, or 300mg-doses, *Pill* traces the uncanny presence of psychiatric pills through science, medicine, autobiography, television, cinema, literature, and popular music. Robert Bennett reveals modern psychopharmacology to be a brave new world in

which human identities- thoughts, emotions, personalities, and selves themselves-are increasingly determined by the extraordinary powers of seemingly ordinary pills. Object Lessons is published in partnership with an essay series in The Atlantic.

my age of anxiety scott stossel: *Adulthood 101 Book 2* Josh Burnette, Pete Hardesty, 2021-04-06 Growing old is mandatory. Growing up is optional. Welcome to your twenties: the land of in-between. It's a decade of transition and change that carries an expectation of figuring it all out by thirty. Many of us launch into this season of life feeling woefully unprepared and anxious, wondering how we can already feel so lost. *Adulthood 101 Book 2: #liveyourbestlife* provides you with a clear vision of what a healthy adult looks like, equips you with the necessary tools to begin a meaningful adulthood, and offers critical resources to fulfill your purpose. With relatable stories, relevant research, and input from trusted mental health professionals, this book will help you: assess yourself honestly implement lasting, healthy habits develop social awareness and emotional and cultural intelligence cultivate grit and resilience identify signs of anxiety, depression, and loneliness and gain coping skills Your twenties are an opportunity to shape yourself into the adult you want to become. Be the best you and live your best life.

my age of anxiety scott stossel: *Understanding Anxiety* Carol King, Sean Kelly, 2022-05-10 Anxiety sufferers, as well as the health professionals and loved ones who support them, are often unaware of the true extent of their struggles. Family and friends misunderstand anxious people, believing they are lazy or lack initiative. Patients seek treatment for the symptoms of anxiety again and again, never addressing the underlying reasons for their disorder. This book covers the complexity of anxiety in everyday life, as well as its effect on happiness and achievement, told through the experiences of anxiety sufferers across life stages, from childhood through retirement years. The author uses scientific literature and 40+ years of clinical experience to describe the major anxiety disorders and to illuminate their scope. For anxiety sufferers, as well as their family members and medical professionals, this book provides solutions for dealing with anxiety before it becomes too overwhelming.

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