



# Anxiety (Biographies of Disease)

*Cheryl Winning Ghinassi*

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Anxiety disorders are significant mental health illnesses that impair lives and cost society millions of dollars in health care expenses and lost productivity. Greater awareness of anxiety disorders is essential for both the general public and health professionals if those who suffer from them are to be identified, receive proper treatment, and have a chance at leading fulfilling lives.

To that end, *Anxiety* begins with a historical overview of the ways in which anxiety disorders have been understood, from the prehistoric era until the present time, examining the disorders from the perspectives of conceptualization, classification, research, and treatment. Subsequent chapters examine these themes in light of our current understanding and approaches to anxiety disorders. Current diagnostic and assessment methods are discussed, as are modern treatment options. The book concludes with a survey of the future directions in research for the understanding and treatment of anxiety disorders.

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