



# Anxiety Disorders (Twenty-First Century Medical Library)

*Bruce M. Hyman, Cherry Pedrick*

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**Anxiety Disorders (Twenty-First Century Medical Library)** Bruce M. Hyman, Cherry Pedrick  
Millions of Americans--more than 16 percent of teens and adults--live with some type of anxiety disorder. Anxiety disorders are a group of disorders that include panic disorder, agoraphobia, general anxiety, obsessive-compulsive disorder, and post-traumatic stress disorder, among others. Once viewed as 'worrywarts,' people with anxiety disorders are now taken seriously. According to recent studies quoted in USA TODAY, The Nation's No.1 Newspaper, anxiety disorders can lead to 'higher blood pressure and heart rates, less effective immune systems, surges of stress hormones that strain the heart, more depression, and perhaps even shorter life spans.'

In this book, you will read case studies of people living with anxiety disorders and how they handle their conditions. You'll learn about the causes, symptoms, and diagnosis of anxiety disorders and will discover coping strategies and treatments. These facts will give you the information you need to recognize and understand anxiety disorders and to reach out for help. Identifying anxiety disorders in yourself, a friend, or a family member is the first step toward effectively managing your condition.

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