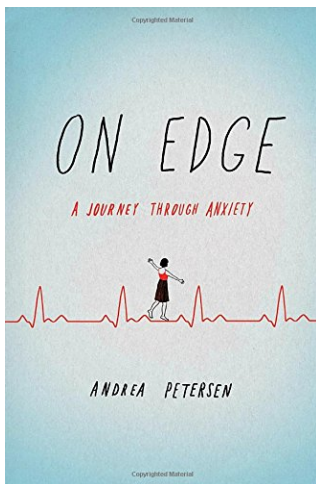


[PDF] On Edge: A Journey Through Anxiety

Andrea Petersen - pdf download free book



Books Details:

Title: On Edge: A Journey Through An

Author: Andrea Petersen

Released: 2017-05-16

Language:

Pages: 320

ISBN: 0553418572

ISBN13: 9780553418576

ASIN: 0553418572

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

A celebrated science and health reporter offers a wry, bracingly honest account of living with anxiety.

A racing heart. Difficulty breathing. Overwhelming dread. Andrea Petersen was first diagnosed with an anxiety disorder at the age of twenty, but she later realized that she had been experiencing panic attacks since childhood. With time her symptoms multiplied. She agonized over every odd physical sensation. She developed fears of driving on highways, going to movie theaters, even licking envelopes. Although having a name for her condition was an enormous relief, it was only the beginning of a journey to understand and master it—one that took her from psychiatrists' offices to

yoga retreats to the Appalachian Trail.

Woven into Petersen's personal story is a fascinating look at the biology of anxiety and the groundbreaking research that might point the way to new treatments. She compares psychoactive drugs to non-drug treatments, including biofeedback and exposure therapy. And she explores the role that genetics and the environment play in mental illness, visiting top neuroscientists and tracing her family history—from her grandmother, who, plagued by paranoia, once tried to burn down her own house, to her young daughter, in whom Petersen sees shades of herself.

Brave and empowering, this is essential reading for anyone who knows what it means to live on edge.

- Title: On Edge: A Journey Through Anxiety
 - Author: Andrea Petersen
 - Released: 2017-05-16
 - Language:
 - Pages: 320
 - ISBN: 0553418572
 - ISBN13: 9780553418576
 - ASIN: 0553418572
-