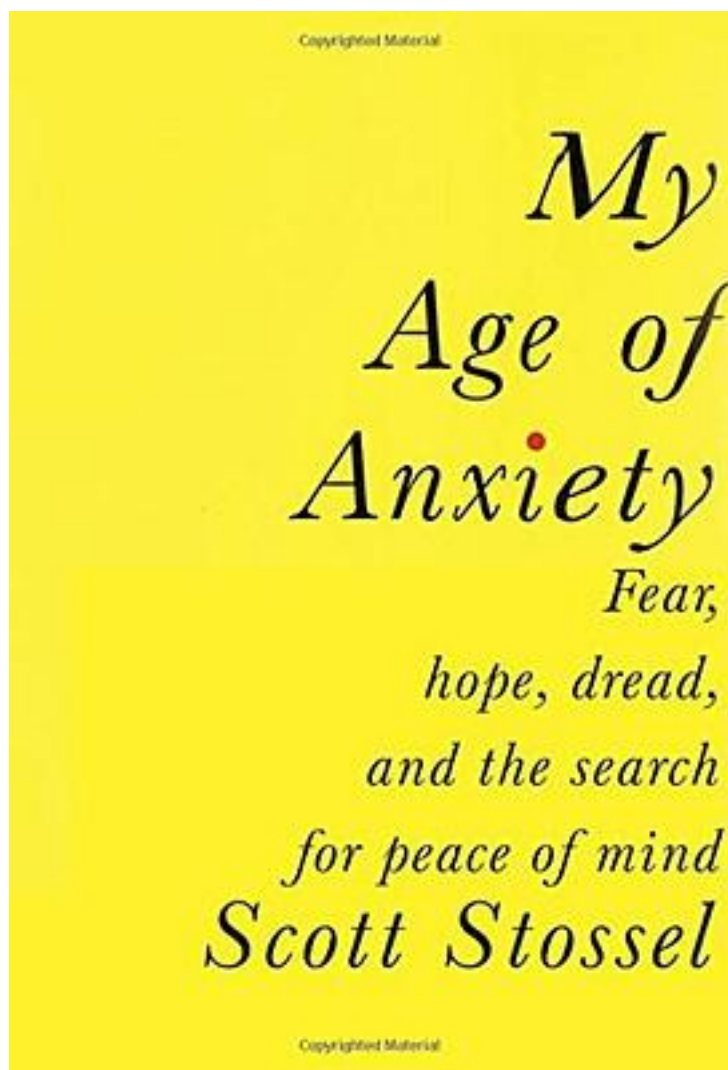


# My Age of Anxiety



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标签

心理学

Anxiety

哲学

psychology

Psychoanalysis

认知科学

灵修占星心理

焦虑症

评论

作者能够这样直面并剖析自己，勇气令人钦佩。笔力也很了得，能在生动的个人经历与大量科学素材之间切换自如，而三言两语凝练出的内容，背后可能是海量的阅读和整理。好作品。

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Anxiety is fear in the absence of danger. For sufferers and analysts alike, this apparent

causelessness is a painful mystery.

得知数学系里根本就没有正常人真是让我松了一口气。

The stathmin gene, for example, provides the ability to feel fear. When this is removed from mice, they no longer show fear.

（路上读书）了解焦虑症，认知行为疗法（直接面对害怕的东西）。。。。重新思考了一下，感觉做什么事都得有个度，过量了。。就焦虑了。。同学工资是我一倍，焦虑。下载的游戏或者书太多，焦虑。东西买太多，焦虑。玩游戏太多，时间不够了，焦虑。。。。。从现在开始，不囤笔记本了：D

I constantly feel anxious. I blame it on the gene that I unfortunately inherited from my father. My brother too but he seems to have developed a passive way to deal with his anxiety. My anxiety, however, is nothing compared with the author's and his family's. This book is a very truthful analysis of the author and helps me to understand my family.

太长，大概翻了一下，对于目前的医学结论不是很感兴趣，但是觉得不同时代对mental disorder认识的变化最为有趣。作者说他以身试法了几十年间所有流行的药物、治疗方法，还是不见好转。在redemption and resilience那一章里，脚注讲了mill的故事，我之前看到过，可还是为他的那一段话心里一震。对于一个理性过头的人来说，wordsworth就是救赎，感性就是救赎。live with it

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书评

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