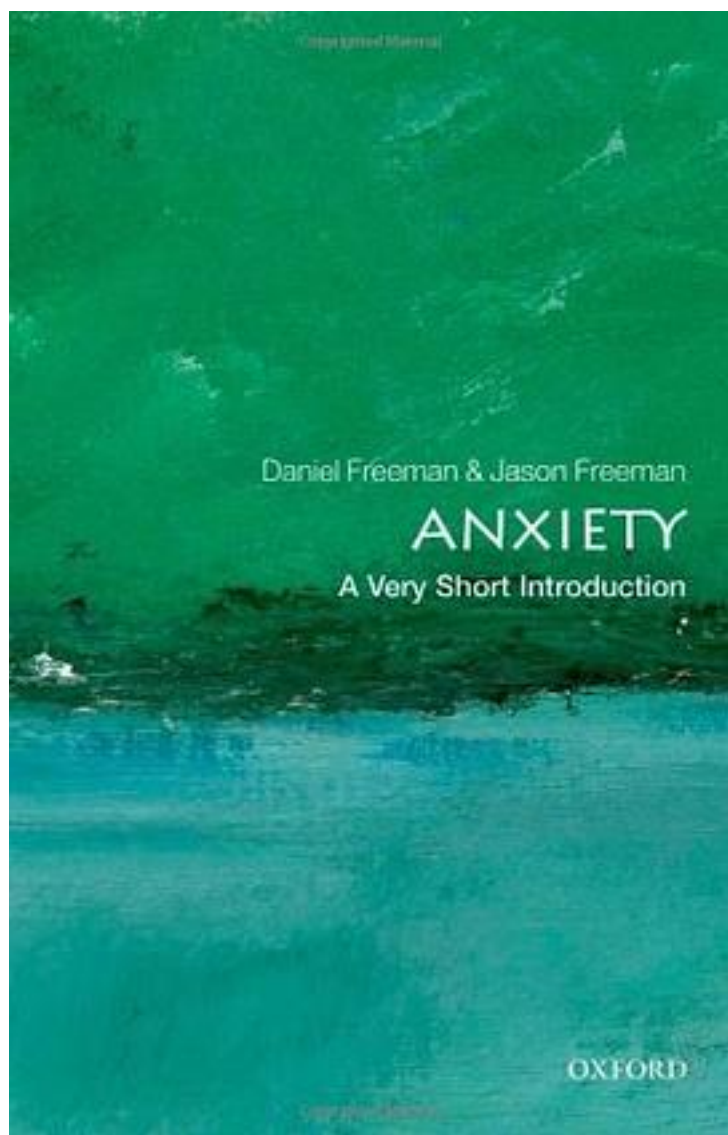


# Anxiety



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This textbook discusses anxiety - a pervasive and significant negative effect that is a central feature of many psychological problems, including those that were frequently called "neuroses". Anxiety is an intriguing and complex phenomenon that lends itself to cognitive analyses. It involves the interplay of vigilance, attention, perception, reasoning and memory, the very meat of cognitive processing. Research on anxiety has accelerated, specialized clinics for dealing with anxiety disorders have been introduced and self-help groups established in many parts of the world. This growth is justified because anxiety is one of the most prominent and pervasive emotions, and large numbers of people are distressed by inappropriate or excessive anxiety.

作者介绍:

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标签

心理

评论

情绪相对独立于认知并且经常不受认知的影响。条件反射过程中的conditioned stimulus在实际的被建立过程中涉及到人和该刺激的过往历史。

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书评

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