

The Anxiety Expert

*A Psychiatrist's
Story of Panic*



A Memoir
Marjorie Raskin

The Anxiety Expert A Psychiatrists Story Of Pani

Andrea Petersen



The Anxiety Expert A Psychiatrists Story Of Pani:

The Anxiety Expert Marjorie Raskin, 2004-11-18 Marjorie Raskin takes readers through a lifetime coping with panic attacks that seemed to come from nowhere and shows how she was able in her fifties to manage her problems after confronting hidden feeling about being abused as a child in both overt and subtle ways Her symptoms were treated primarily by psychotherapy something rarely described in other books Marjorie believes in using medication for Panic Disorder but feels that therapy's role in helping anxious individuals resolve their underlying problems is too often dismissed leaving them markedly dissatisfied with themselves and their lives This book offers hope understanding and direction to individuals who recurrently endure attacks that make them feel about to run scream die or go crazy It also adds to the understanding of those with less severe anxiety symptoms Many individual will identify with some of the situations Marjorie describes bringing up two children as a single parent working to appear confident in competitive work situations and re entering the singles world in her fifties a Valium in her pocket Marjorie's professional work allows her to naturally incorporate the evolving saga of psychiatry's attempts to understand and cure panic and anxiety into her own story On Edge Andrea Petersen, 2018-05-15 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

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