

LEARNING MADE EASY

100 Questions

& Answers

About Anxiety

for
dummies[®]
A Wiley Brand

Laura L. Smith, PhD



100 Questions & Answers About Anxiety

by Laura L. Smith, PhD

for
dummies[®]
A Wiley Brand

100 Questions & Answers About Anxiety For Dummies®

Published by: **John Wiley & Sons, Inc.**, 111 River Street, Hoboken, NJ 07030-5774,
www.wiley.com

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Library of Congress Control Number is available from the publisher.

ISBN 978-1-394-36878-5 (pbk); ISBN 978-1-394-36881-5 (ebk);
ISBN 978-1-394-36880-8 (ebk)

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Introduction

Anxiety is the most common mental health disorder. According to the National Alliance on Mental Illness, about 19 percent of American adults have an anxiety disorder, and about 7 percent of children ages 3 to 17 have anxiety every year. I wrote this book to answer common questions about anxiety — what it is, what causes it, how it differs from everyday worry, and the treatment options available.

About This Book

This book is a reference, which means you don't need to read the chapters in order from beginning to end and you don't have to remember anything — there isn't a test at the end of it.

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