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Titolo	Angst : origins of anxiety and depression / / Jeffrey P. Kahn
Pubbl/distr/stampa	Oxford : , : Oxford University Press, , [2013] ©2013
ISBN	0-19-979652-1
Descrizione fisica	1 online resource (xiii, 294 pages.) : illustrations
Disciplina	616.8522
Soggetti	Anxiety disorders
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references (pages 279-280) and index.
Nota di contenuto	Lions and tigers and bears are not why : angst is the modern echo of evolved social instincts -- Don't stray far from family, home, or safety : panic anxiety -- Follow the leader of the pack : social anxiety -- A sure and tidy nest (clean, arrange, save, and behave) : obsessive-compulsive disorder -- Go along to get along : atypical depression -- Feeling so useless you could die : melancholic depression -- Consciousness lost and instinct run amok : schizophrenia and psychosis -- Happy in the herd : instinctive herds and primeval ignorance -- Climbing to civilization : the rise of reason and the ascent of angst -- Illness and instinct : consciousness has consequences -- Free to choose : how to balance your reason and instinct.
Sommario/riassunto	Why do so many people suffer the slings and arrows of outrageous angst? Some 20% of us are afflicted with common anxiety and depressive disorders. This novel synthesis offers a new framework for understanding what our knowledge of psychiatric neuroscience, clinical research, diagnosis, and treatment.