



Anxiety 101 (Psych 101)

Moshe Zeidner PhD, Gerald Matthews PhD

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This is the book I've been waiting for. The field has needed a clear and thorough review of anxiety, and now it exists.

Joseph LeDoux, PhD, author, *The Emotional Brain and Synaptic Self*
Center for Neural Science, New York University

Anxiety 101, written by two prominent figures in the field of anxiety research, provides a thorough introduction to the concept of anxiety, placing it in the broad matrix of human concerns. The authors address evolutionary origins of anxiety, functions that anxiety and fear play in maintaining life, and ways in which these emotions can get out of control. An excellent introduction to students who want to understand the many ways in which scientists have approached the topic of anxiety.

Charles S. Carver, PhD, Distinguished Professor of Psychology.
Department of Psychology, University of Miami

- What are the origins of anxiety? "
- How do we best assess anxiety? "
- How does anxiety affect cognitive outcomes? "
- Does intervention help?

This book provides students with a clear understanding of anxiety research and practice. It reflects the substantial progress recently made in research in the areas of differentiation, new theoretical approaches, advances in locating the neurobiological underpinnings of anxiety and anxiety disorders, assessment, and treatment techniques. It covers many of the major contexts that produce anxiety in modern society, including tests, sports performance, social interaction, and more.

The authors have culled vast amounts of up-to-date information on anxiety, including theory, research, assessment, individual differences, and interventions. Anxiety 101 draws upon contributions from the fields of personality and social psychology, stress, coping and emotions, psychobiology, and neuroscience in order to provide the most comprehensive information available.

Key Features:

- Provides a historical and theoretical approach to the study of anxiety "
- Presents a unified conceptual and research framework based on current transactional and cognitive-motivational views of stress and anxiety "
- Includes a state-of-the-art review of current theories, research findings, assessment, and treatment

The Psych 101 Series

Short, reader-friendly introductions to cutting-edge topics in psychology. With key concepts, controversial topics, and fascinating accounts of up-to-the-minute research, *The Psych 101 Series* is a valuable resource for

all students of psychology and anyone interested in the field.

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Marie Brenneman:

Book is to be different per grade. Book for children until eventually adult are different content. As it is known to us that book is very important usually. The book Anxiety 101 (Psych 101) was making you to know about other information and of course you can take more information. It is quite advantages for you. The guide Anxiety 101 (Psych 101) is not only giving you a lot more new information but also for being your friend when you experience bored. You can spend your own personal spend time to read your reserve. Try to make relationship while using book Anxiety 101 (Psych 101). You never truly feel lose out for everything if you read some books.

Jordan Miller:

Exactly why? Because this Anxiety 101 (Psych 101) is an unordinary book that the inside of the guide waiting for you to snap that but latter it will jolt you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such incredible way makes the content interior easier to understand, entertaining technique but still convey the meaning thoroughly. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of benefits than the other book have got such as help improving your talent and your critical thinking means. So , still want to hold up having that book? If I were being you I will go to the e-book store hurriedly.

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