



The Anxiety Code: Deciphering the Purposes of Neurotic Anxiety

Roger Di Pietro

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Generalized anxiety disorder is also known as neurotic anxiety. This book focuses on personality characteristics that may generate and maintain anxiety symptoms. It bridges the gap between popular psychology titles and graduate-level textbooks, as it comprehensively presents information with a generous use of easy to understand examples and encouraging dialogue. The book presents as a mystery that poses an intriguing question: What if anxiety symptoms aren't merely the effect of some cause, but also personality-based and purposeful means to achieve goals?

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