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separation anxiety); by age seven I had worn grooves in the carpet of my bedroom with my relentless pacing, trying to will my parents to come home. During first grade, I spent nearly every afternoon for months in the school nurse s office, sick with psychosomatic headaches, begging to go. home; by third grade, stomachaches had replaced headaches, but my daily trudge to the infirmary
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Scott Stossel

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MY AGE OF ANXIETY. Fear, Hope, Dread, and the Search for Peace of Mind. By Scott Stossel. 400 pp. Alfred A. Knopf. \$27.95.

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"My Age of Anxiety" is part memoir, part exploration on what anxiety is and its history. Anxiety affects many people and is often hidden. I saw Scott Stossel speak at the 2014 Gaithersburg book Festival and he was speaking about his book my age of anxiety. His talk really hit home for me because I also deal with anxiety on a daily basis. It's not particularly fun but through this book it so that helped me understand what was going on a little bit more.

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