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Almost Anxious: Is My (or My Loved One's) Worry or Distress a Problem? (The Almost Effect)

Luana Marques, Eric Metcalf

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It is only human to worry about problems in our lives--but for some, obsessing for weeks and months, avoiding social events and situations due to feelings of panic can become a regular part of our lives. If any of these describe you or a loved one, then you or they may be almost anxious.

Those of us who are almost anxious may never address the issue because we don't fully meet the diagnostic criteria for an anxiety disorder. In *Almost Anxious*, Luana Marques, PhD, describes the spectrum of almost anxiety symptoms, from normal situational anxiety on one end to a full-blown diagnosable anxiety disorder on the other. Drawing on case studies and the latest research, she gives you the tools to:

Determine when and how to get professional help when needed.

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