



# The Truth about Anxiety and Depression

*Robert N. Golden, Fred L. Peterson, Heather Denkmire*

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A mental disorder can lead to distressful, sometimes life-altering effects, ranging from sleep problems or relationship troubles to disability or suicide. Depression and anxiety disorders are two major mental disorders that affect millions of Americans. Twenty percent of U.S. adults or 40 million people experience some type of mental disorder each year, according to the National Alliance on Mental Illness. *The Truth About Anxiety and Depression, Second Edition* presents the most up-to-date information on anxiety and depression, including the genetics of mood and anxiety disorders, gender and depression, types of treatments available, related disorders, and much more. This revised A-to-Z resource offers a complete understanding of this sensitive topic while providing effective strategies for coping with anxiety and depression.

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