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## ANGST: ORIGINS OF ANXIETY AND DEPRESSION



Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. In this path-breaking volume, engagingly written for the general public, psychiatrist Jeffrey Kahn reveals that the Angst of anxiety and depression ultimately results from our transformation, over tens of thousands of years, from biologically shaped, almost herd-like prehistoric tribes, to rational and independent individuals in modern civilization. Because of our Reason, we don t choose to act like sheep. Kahn looks at five basic types of...

### Read PDF Angst: Origins of Anxiety and Depression

- Authored by Jeffrey P Kahn
- Released at 2016



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### Reviews

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