



Getting Old Without Getting Anxious

Peter Rabins, Lynn Lauber

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Informative and full of hope, *Getting Old Without Getting Anxious* assists older people and their caregivers in overcoming one of the more crippling and misunderstood human afflictions: anxiety. Geriatric psychiatrist and bestselling author of *The 36-Hour Day* Dr. Peter V. Rabins explains how the many changes that occur as a person ages can trigger severe and life-altering anxiety, often destroying lives. This valuable guide will help readers to:

- learn how late-life anxiety differs from anxiety in younger people;- identify the disorder a loved one may have and its causes; and- treat the affliction with the best remedy or combination of options available.

Anxiety is often dismissed as simply a by-product of old age. Yet Dr. Rabins shows that experiencing life as an older person does not mean living in fear, and he provides the tools to help people break free from the debilitating grasp of their disorders. Stories from patients will encourage and motivate both those suffering from mental illness and their caregivers.

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