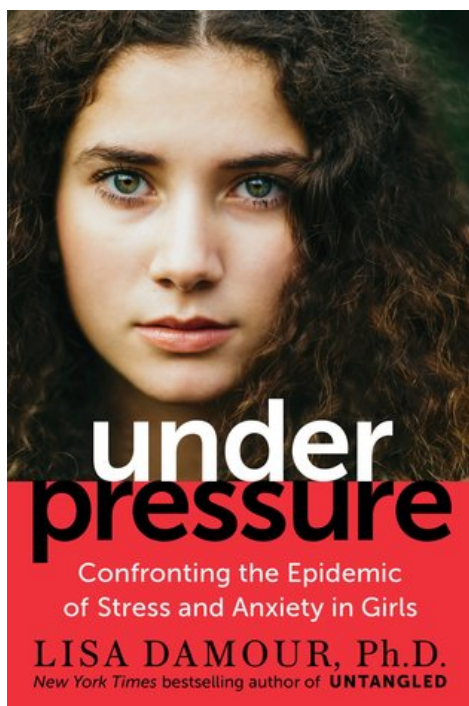


Buch lesen Under Pressure: Confronting the Epidemic of Stress and Anxiety in Girls

By Lisa Damour



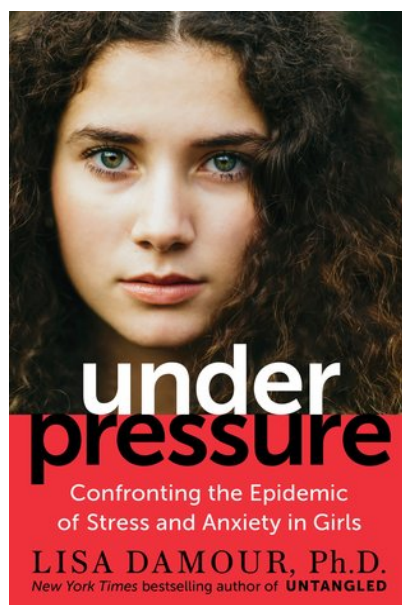
Books Details

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Books Descriptions

An urgently needed guide to the alarming increase in anxiety and stress experienced by girls from elementary school through college, from the New York Times bestselling author of *Untangled* Though anxiety has risen among young people overall, studies confirm that it has skyrocketed in girls. Research finds that the number of girls who said that they often felt nervous, worried, or fearful jumped 55 percent from 2009 to 2014, while the comparable number for adolescent boys has remained unchanged. As a clinical psychologist who specializes in working with girls, Lisa Damour, Ph.D., has witnessed this rising tide of stress and anxiety in her own research, in private practice, and in the all-girls' school where she consults. She knew this had to be the topic of her new book. In the engaging, anecdotal style and reassuring tone that won over thousands of readers of her first book, *Untangled*, Damour starts by addressing the facts about psychological pressure. She explains the surprising and

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