CONTENTS

Introduction: Bashful No More I

- 1 The Hundred Years' War over Anxiety 11
- 2 The Diagnostic Battles: Emotions Become Pathologies 39
- **3** A Decisive Victory: Shyness Becomes an Illness 71
- 4 Direct to Consumer: Now Sell the Disease! 104
- **5** Rebound Syndrome: When Drug Treatments Fail 139
- 6 A Backlash Forms: Prozac Nation Rebels 169
- **7** Fear of Others in an Anxious Age 194

Notes 213 Acknowledgments 249 Index 253