



## Anxious in America: My Life with Generalized Anxiety Disorder, Gad

By B P Meinhardt

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Anxious in America is my story. Its an account of living with persistent extreme anxiety, known as Generalized Anxiety Disorder, GAD. There are many shared traits; but GAD is unique for each person. Throughout these writings, I relate my experience with GAD. I grew-up on a cattle ranch on Lake Okeechobee in South Florida. Dad was born into a South Florida Mik-Sem (Miccosukee Seminole) tribal society. My folks worried excessively about family health, mainly dads angina. Income was next in the hierarchy of issues. My family came of age during the Great Depression, World War II, segregation, and the nuclear threat. As did millions of other families, mine had real worries. Their anxiety was specific, not generalized. Dads Austrian ancestors were cattle breeders and commodity traders. In 1848 they entered into an enterprise marriage with the Mik-Sem. It was a 100-year agriculture business partnership, sealed by marriage. Great granddad Pal was 18 when he arrived at the German Trade Council in New Orleans. He negotiated the enterprise partnership with the Mik-Sem. Pal wanted an American...



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