

In this revised edition of his classic work—the first modern audiobook on anxiety following Freud and Kierkegaard—psychologist Rollo May brings order and lucidity to the subject of anxiety.

Rollo May challenges the idea that “mental health is living without anxiety,” believing it is essential to being human. He explores how it can relieve boredom, sharpen sensibilities, and produce the tension necessary to preserve human existence. May sees a link extending from anxiety to intelligence, creativity, and originality, and guides the listener away from destructive ways to positive ways of dealing with anxiety. He convincingly proposes that anxiety can impel personal change, as it is only by confronting and coping with it that self-realization can occur.

Rollo May (1909-1994) taught at Harvard, Princeton, and Yale, and was Regents' Professor at the University of California, Santa Cruz. An influential psychologist, he was the bestselling author of *Love and Will*, as well as the author of *The Courage to Create*, *Man's Search for Himself*, *The Meaning of Anxiety*, and *Psychology and the Human Dilemma*.

READ BY JAMES ANDERSON FOSTER



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Running Time: 15 Hours • Unabridged

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the meaning
of anxiety

ROLLO MAY

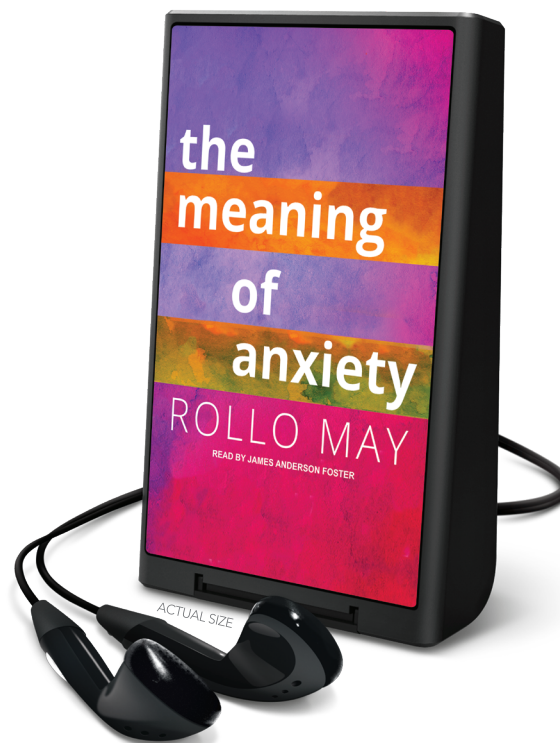


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