



Georg Psota

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FEAR

Recognize-Understand-Overcome

With a preface by Adele Neuhauser

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Angst ist ein Grundgefühl des Menschen, doch sie sollte nicht über den Menschen bestimmen.

Fear is a basic human emotion, but it shouldn't rule a person's life. Everyone feels fear at certain times. It is a primal feeling that can dominate our being. Nothing is as defining as mental anxiety. Fear paralyzes us. Makes us ill. But it can also drive us to peak performance. Fear opens the gates of the human psyche for numerous mental disturbances: Panic, phobias and personal worries, depression, obsessive-compulsive disorders and addictions. What is the nature of fear? What function does it have? How can fear be utilised or overcome? Why do people seek out fear by watching horror films or by participating in extreme sports? In their new book, Georg Psota and Michael Horowitz provide answers to these questions and present a way out of fear.

GEORG PSOTA

Born in 1958, Psota is a consultant psychiatrist and neurologist. He is head physician of Vienna's psychosocial services, president of the Austrian society for social psychology ÖGSP, vice-president of the Austrian society for geriatric psychiatry and psychotherapy, medical consultant on the psychosocial advisory panel to the health minister of Vienna, leader of Vienna's psychosocial advisory body, and author of non-fiction books as well as numerous scientific publications. Most recently published: 'Das weite Land der Seele' (2016), 'Angst' (2018), 'Sucht' (2022).

MICHAEL HOROWITZ

Born 1950 in Vienna, Horowitz is a photographer, journalist, writer and publisher. He has authored biographies on Heimito von Doderer, Egon Erwin Kisch and Karl Kraus, as well as H. C. Artmann, Otto Schenk and Helmut Qualtinger. He is founder of the courier magazine 'freizeit' and has received several awards, including the Austrian Cross of Honour for Science and Art. Most recently published: 'Das weite Land der Seele' (2016), 'Angst' (2018), 'Sucht' (2022).