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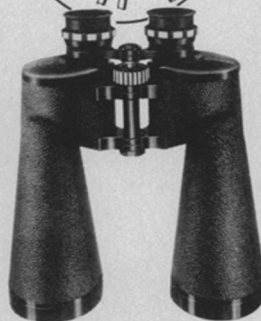
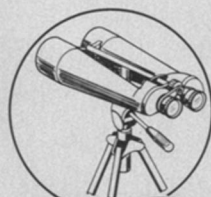
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Jeffrey A. Gray, Ph.D.:

ON ANXIETY and how to cope with it!

Anti-anxiety drugs are no solution to problems you have to face in life. In the end, they only weaken your ability to solve them!

PUBLISHER'S NOTE: *Dr. Gray is Lecturer in Psychology, Department of Experimental Psychology, University of Oxford, and for fourteen years a Fellow of University College, Oxford. He has been a Traveling Fellow for the United Kingdom Medical Research Council and a guest investigator at The Rockefeller University in New York City. Dr. Gray is the author of "The Psychology of Fear and Stress" and "Elements of a Two-Process Theory of Learning" and is Editor of Pavlov's Typology.*

—Richard Stanton

Sweet are the uses of adversity; or so it used to be thought. Above all that elusive human quality, *strength of character*, was once supposed to owe much to adversity, especially to adversity in early life. But we live now in a more sentimental age. *Rather than find comfort in the strength that adversity brings, we look to it for our excuses.* If we are neurotic or delinquent, why, we are under severe stress or had a most unfortunate childhood. The doctors and psychologists have conspired to threaten us with such dire consequences of stress, from heart disease to schizophrenia,

that at the first sign of trouble we rush, with their aid, to mitigate them.

One very effective way to make stress less stressful has been known since Man first discovered the remarkable properties of fermented grape juice. Alas, we have recently been threatened (and correctly so) that this marvelous substance can itself ruin our health. But fortunately the progress of science has brought us an even more effective (if less pleasant) substitute: the great growing family of the *anti-anxiety* drugs, especially the *benzodiazepines*. These include two drugs

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