

# Major (In the Sense of Major Publication) Review of Emily Austin's "Living for Pleasure"

Post by “Kalosyni” of January 26, 2023 at 11:26 AM

## [Quote from Todd](#)

There is basically no situation in which anxiety is more useful than a calm presence of mind.

An excerpt from a New York Times article has this to say:

"Having some anxiety — especially when faced with a stressful situation — isn't necessarily bad and can actually be helpful, experts say."

The article goes on to say:

## **"The right amount of anxiety can improve performance."**

"Anxiety is an uncomfortable emotion, often fueled by uncertainty. It can create intense, excessive and persistent worry and fear, not just about stressful events but also about everyday situations. There are usually physical symptoms too, like fast heart rate, muscle tension, rapid breathing, sweating and fatigue.

Too much anxiety can be debilitating. But a normal amount is meant to help keep us safe, experts say.

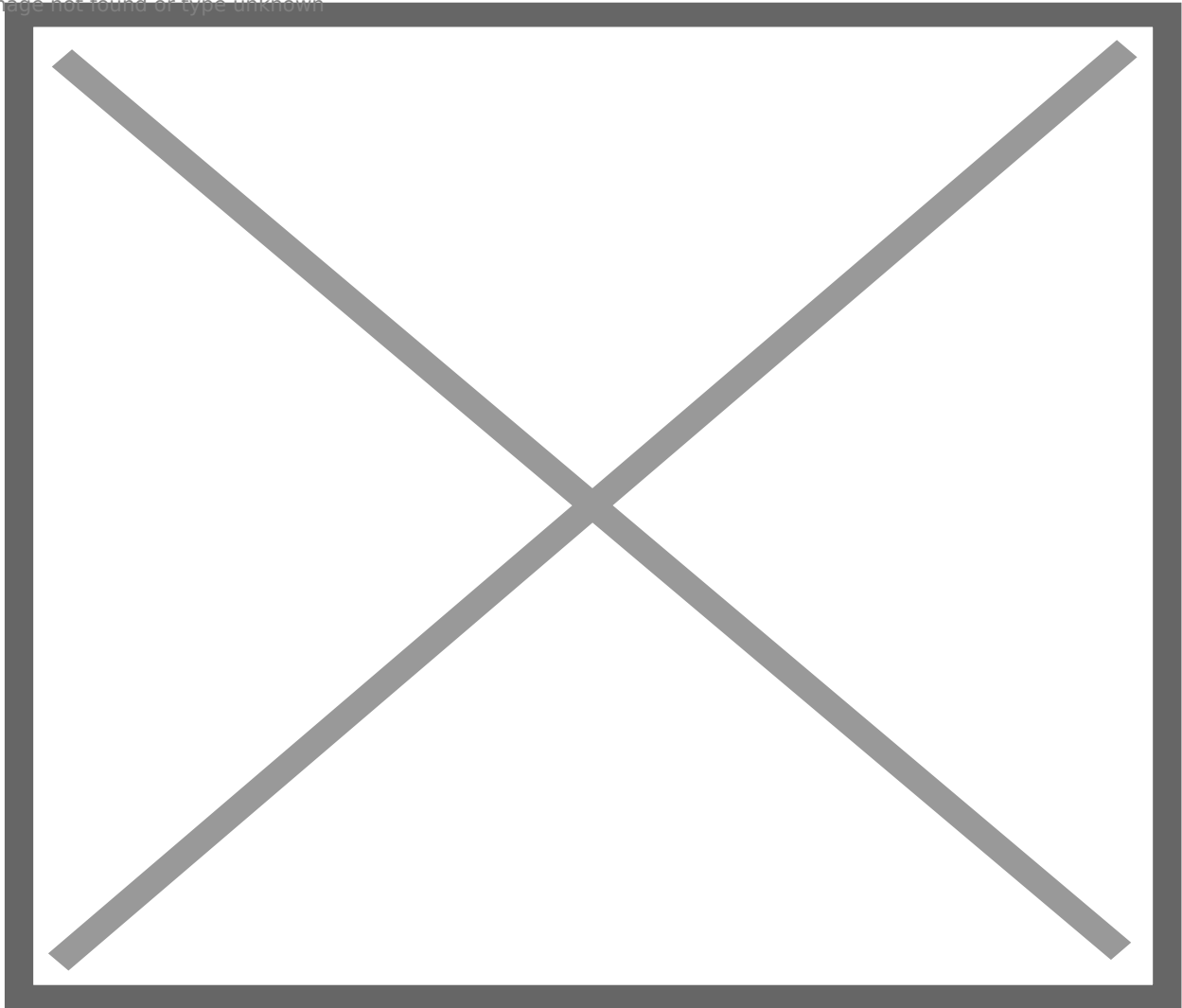
"The emotion of anxiety and the underlying physiological stress response evolved to protect us," Wendy Suzuki, a neuroscientist and the author of "Good Anxiety," said."

And this:

"A certain degree of anxiety can help people anticipate obstacles, remain cautious and stay organized, said Ellen Hendriksen, a clinical psychologist in Boston and the author of "How to Be Yourself: Quiet Your Inner Critic and Rise Above Social Anxiety."

Read the full article here:

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[The Upside of Anxiety \(Published 2022\)](#)

There are several benefits to having an internal alarm system, experts say.  
[www.nytimes.com](http://www.nytimes.com)