Relationships between psychological conditions, types of anxiety, and somatic symptoms that have no

obvious medical reason. *Núria Mallorquí in the Harvard Review of Psychiatry, a scholarly journal,* argues in

his essay about “how different factors contribute to the development and maintenance symptoms,

which are highly associated with anxiety disorders, and are crucial to optimize treatments.” He addresses a

wide range of theories and research results that support the processes of these mind-to-body connections.

His study and finds support a study by Jack Gorman that looks at how long-term stress, impacts the

neurotransmitter systems in your brain, which can cause panic symptoms include palpitations, sweating,

and sudden, overwhelming anxiety. *Gormans findings reported in a scholarly journal that serves as a vast*

 *bibliographic database.*The study findings are from humans and animals that look at the brain regions

involved in the stress response and how they affect your overall attitude.

Surely, Núria Mallorquí and Gormans would advocate Beck Aaron’s stance in the article “Theoretical

Perspectives on Clinical Anxiety” from when he explores the mental techniques used in CBT to challenge and

change these beliefs. One example Beck discusses Is to provide readers with a great understanding of the

challenging nature of anxiety disorders. He argues that it's important to discuss alternative methods and

perspectives on anxiety, such as socio-cultural, biological, and psychodynamic theories. Whether its learning

More about the anxiety or treatments you can learn how to maintain the physical and mental flaws of anxiety.