



## The Stressed Sex: Uncovering the Truth About Men, Women, and Mental Health

By Daniel Freeman, Jason Freeman

Oxford University Press. Paperback. Book Condition: new. BRAND NEW, The Stressed Sex: Uncovering the Truth About Men, Women, and Mental Health, Daniel Freeman, Jason Freeman, Every day millions of people struggle with psychological and emotional problems. The Stressed Sex sets out to answer a simple, but crucial, question: are rates of psychological disorder different for men and women? The implications - for individuals and society alike - are far-reaching, and to date, this important issue has been largely ignored in all the debates raging about gender differences. Now Daniel Freeman and Jason Freeman present a ground-breaking combination of epidemiological analysis and evidence-based science to get to the bottom of what's really going on. They discover which mental health problems are more common in men, and which are seen most often in women. And, in a finding that is sure to provoke lively debate, they reveal that, in any given year, women experience higher rates of psychological disorder than men. Why might this be the case? The Stressed Sex explains current scientific thinking on the possible reasons - and considers what might be done to address the imbalance.



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