Anxiety:  Causes including biological and environmental theories, Symptoms and Therapy

* + Paper topic proposals must include the following:
    - Anxiety:
    - Rationale for selection of topic-Because I deal with anxiety.

<https://www.apa.org/topics/anxiety>

Understanding and Treating Anxiety Disorders:

An Integrative Approach to Healing the Wounded Self

<https://medlineplus.gov/anxiety.html>

**Depression and Anxiety in Migraine Patients**