# Chapter 1 Stress, Definitions, Mechanisms, and Effects Outlined

# Lessons from Anxiety

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# Abstract

The present volume on concepts, cognition, emotion, and behavior, is the first in this new *Handbook* series. The purpose of this first chapter is to provide an outline of stress, stress definitions, the response to stress and neuroendocrine mechanisms involved, and stress consequences such as anxiety and posttraumatic stress disorder. Study of the neurobiology of anxiety and related disorders has facilitated our understanding of the neural mechanisms that subserve stress and will therefore be underscored.