We’re All Living With Nuts

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According to the latest National Comorbidity Survey—a once-a-decade study of Americans’ mental health drawn from 10,000 face-to-face interviews—an estimated 46% of us suffer a mental-health disorder at least once. Anxiety disorders are the most common (29%), followed closely by impulse-control (25%) and mood (21%) disorders. The average age when anxiety disorder hits? 11 years old.

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