

# Insecurity makes us ill – how we can protect ourselves



Prof. Dr. med. Achim Peters  
**Insecurity**  
[Unsicherheit]  
The feeling of our times – And what helps us cope with mental overload and stress

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**Achim Peters** is a brain researcher, internist, diabetologist and bestselling author. He runs the clinical research group "Selfish Brain" at the university of Lübeck.

Love, anxiety, envy, regret, grief, anger – these feelings have been part of human existence since time immemorial. But every time presents its own challenges and gives rise to specific feelings: Often they are clear signs of new burdens characteristic of these times.

In his book, internist and brain researcher Achim Peters examines from a neuroscientific, medical and psychological point of view the feeling of insecurity as being typical of a modern world that is getting faster and faster and bewildering. He sharpens our perception and offers us possible ways of reacting to the generally increasing feeling of insecurity and stress to help us prevent them from making us ill.