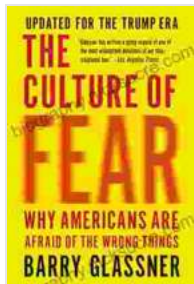


# Why Americans Are Afraid Of The Wrong Things



**The Culture of Fear: Why Americans Are Afraid of the Wrong Things: Crime, Drugs, Minorities, Teen Moms, Killer Kids, Muta** by Barry Glassner

★ ★ ★ ★ ☆ 4.2 out of 5

Language : English  
File size : 2074 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 385 pages



Americans are afraid of the wrong things. We worry about terrorism, but we're more likely to die in a car accident. We fear crime, but we're more likely to be injured in a fall. We're terrified of nuclear war, but the odds of that happening are extremely remote. What are we so afraid of? And why are we so wrong about what we should be afraid of?

## The Psychology Of Fear

Fear is a natural human emotion. It's a response to danger that helps us to protect ourselves. But sometimes, our fears can become irrational. We can start to fear things that are not actually dangerous, or we can overestimate the risk of danger. This is what happens when we're afraid of the wrong things.

There are a number of factors that can contribute to irrational fears. One factor is our perception of risk. We tend to overestimate the risk of things that are vivid and immediate, and we underestimate the risk of things that are abstract and distant. This is why we're more afraid of terrorism than we are of car accidents, even though car accidents are much more likely to kill us.

Another factor that can contribute to irrational fears is our media consumption. The media often focuses on stories about crime, terrorism, and other scary events. This can create the impression that the world is a more dangerous place than it actually is. And when we're constantly bombarded with stories about danger, it's easy to start to feel afraid.

## **The Real Risks**

So what are the real risks that we should be afraid of? The leading causes of death in the United States are:

- Heart disease
- Cancer
- Chronic lower respiratory diseases
- Stroke
- Accidents

As you can see, terrorism is not even on the list. In fact, the odds of dying from a terrorist attack in the United States are extremely remote. So why are we so afraid of it?

The answer is that terrorism is a very vivid and immediate threat. It's something that we can easily imagine happening to us. And when we're afraid of something, we tend to overestimate the risk. This is why we're so much more afraid of terrorism than we are of car accidents, even though car accidents are much more likely to kill us.

## **How To Overcome Irrational Fears**

If you're struggling with irrational fears, there are a number of things you can do to overcome them. One thing you can do is to educate yourself about the risks that you're afraid of. When you understand the real risks, you can start to put your fears into perspective. Another thing you can do is to practice relaxation techniques. Relaxation techniques can help to reduce stress and anxiety, which can make it easier to manage your fears.

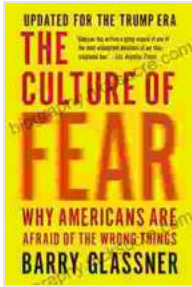
If you're struggling to overcome your fears on your own, you may want to consider seeking professional help. A therapist can help you to identify the root of your fears and develop coping mechanisms.

Americans are afraid of the wrong things. We worry about terrorism, but we're more likely to die in a car accident. We fear crime, but we're more likely to be injured in a fall. We're terrified of nuclear war, but the odds of that happening are extremely remote. It's time for us to get our priorities straight. We need to start focusing on the real risks that we face, and we need to stop being afraid of the things that are not actually dangerous.

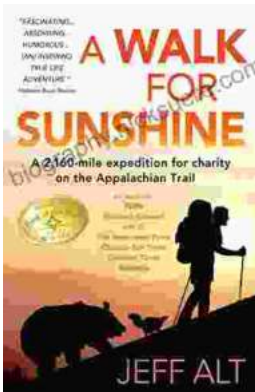
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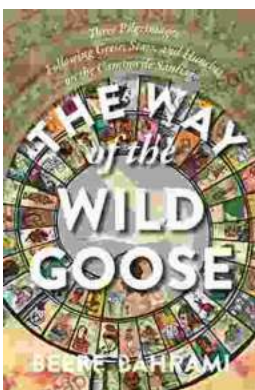


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