

[Newsy: Why Are We Scared of a Recession?](#)

September 14, 2022



[Peter Ricchiuti](#), senior professor of practice and director of the Freeman School's [Burkenroad Reports](#) equity research program, was interviewed for segment on [Newsy's "The Why"](#) about Americans' increasing anxiety over the possibility of a recession. Ricchiuti told the show that if the U.S. were to enter a recession, it wouldn't be surprising.

“We get a recession about every five to seven years and an average recession will last about 12 months. You get an economy that grows and grows and then it overheats and then it has to be lowered back down again.”

To see the story in its entirety, visit [newsny.com](https://www.newsny.com/stories/why-are-we-scared-of-a-recession/):

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