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Well Enough Alone: A Cultural History of My Hypochondria

Jennifer Traig

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Jennifer Traig : Well Enough Alone: A Cultural History of My Hypochondria before purchasing it in order to gage whether or not it would be worth my time, and all praised Well Enough Alone: A Cultural History of My Hypochondria:

0 of 0 people found the following review helpful. Move Aside Tina FeyBy ValentineExceptionally entertaining, laugh out loud funny and smart, Jennifer Traig belongs at the same table as comedic writers like Tina Fey, Mindy Kaling, Jenny Lawson and Chelsea Handler. Neurotic, self-deprecating, clever and insightful, this is one of the best books I've read in a long time. Traig describes a childhood overcome with health obsessive tendencies and obsessions. Her

candor, stories of her medically minded and irreverent family and youth plagued by uncertainty are utterly hilarious. For anyone who has ever found themselves preoccupied with a headache, fanatical about a freckle or overly Google-checking chest pains, this is the book for you. Part psychosomatic discussion, part awkward adolescence/adulthood memoir, Traig is every neurotic writer, creative and artist. A bit hardwired to find comfort in suffering and a bit inclined to seek reassurance, she takes the reader down a journey into her life bereft of normalcy and filled with worry. I found it relatable, poignant and witty. (Disclaimer: I do not know the author and was not given the book for free)1 of 1 people found the following review helpful. I was disappointed. It seemed to meander all over the place ...By Lydia Fazio TheysI was disappointed. It seemed to meander all over the place with very little focus on her hypochondria. I did not finish because I was so far in that there was no way even half the book was going to be about the subject.8 of 8 people found the following review helpful. Making hypochondria funBy YumYumI just finished reading this book, and I can honestly say it was written with such wit and insight that it made the whole subject of personal and historical hypochondriasis entertaining. (How's that for an opener?) It is almost impossible to believe that someone with such insight into a subject could actually suffer from the symptoms she imagines. As a nurse, I empathized on every page. As a reader, I felt guilty being so gleefully entertained by her experiences. It is hard to find a book that truly is humorous without seeming contrived, and this is one of those rare books. Traiger has the gift of keeping a narrative going - on a fairly limited subject- and never lets the subject gets stale. In fact, the book may be too short because you miss her when the book is over.

The hilarious first-person account of life as a hypochondriac-from the critically acclaimed author of Devil in the Details.Jennifer Traig does not suffer from lupus, multiple sclerosis, Crohn's Disease, or muscular dystrophy. Nor does she have SUDS, the mysterious disorder that claims healthy young Asian men in their sleep. What she does have is hypochondria. In Well Enough Alone, Traig provides an uproariously funny inquiry into her ailment, as well as a well-researched history of the disorder. While chronicling her life as a hypochondriac and the minor conditions that helped to fuel her persistent self-diagnosis, she offers a literary tour of the disorder's past and present. And by the end, her journey leaves her more knowledgeable, a little less neurotic, and-one might say-healthier.

"You will laugh. Then you will feel guilty for laughing. Then you'll laugh some more." -A.J. Jacobs, author of The Year of Living Biblically "Who knew life as a hypochondriac could be so witty and hilarious?" -Glamour "Fellow sufferers will find it a stitch." - People "Charming, quick, and very funny." -San Francisco Chronicle "Well Enough Alone gave me enormous reading pleasure from a beguilingly smart and perfectly healthy writer." -John Hodgman, author of More Information than You RequireAbout the AuthorJennifer Traig is the author of Devil in the Details: Scenes from an Obsessive Girlhood and a frequent contributor to The Forward and McSweeney's. She holds a Ph.D. in Literature and resides in Berkeley, California.