



The Hypochondriac's Guide to Life. And Death.

By Gene Weingarten

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When every hiccup sounds like the call of doom, each stomach pang hints at incipient cancer, and a headache means it's time to firm up your last will and testament, *The Hypochondriac's Guide to Life. And Death.* provides just the relief you need. Gene Weingarten has spent his whole life immersed in the eclectic details of bizarre symptoms, self-diagnosing every minor ache as a potentially deadly disease. Weingarten examines:

- The mind of a hypochondriac
- How your doctor can kill you
- Ulcers and other visceral fears
- The snaps, crackles, and pops of your body that spell disaster
- Things that can take an eye out
- Interpreting DocSpeak

Blending the neurotic anxieties of Woody Allen, the folksiness of Garrison Keillor, and the absurdist vision of Dave Barry, Gene Weingarten conjures up a hilarious prescription for the hypochondriac that lurks inside all of us.

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Editorial Review

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If even paranoids have real enemies, *Washington Post* "Sunday Style" editor Weingarten humorously demands respect for his own minor mental derangement. Before heading to Washington D. C., Weingarten ran the *Miami Herald's* Sunday magazine. Miami colleague Dave Barry's foreword reveals some stylistic similarities: like Barry, Weingarten takes an ordinary--or only slightly odd--situation and pushes it to its limit. There's a fair amount of true medical information scattered amid satire, sidebars, and tongue-in-cheek charts in chapters on hypochondria, the hypochondriac's relationship with physicians, and a range of behaviors, symptoms, and conditions (e.g., headaches, hiccups, heart disease, tumors, ulcers, obesity, smoking, alcoholism, pregnancy, excretion, and "things that can take out an eye"). Weingarten proudly claims a lifetime of hypochondria, a disease abruptly cured several years ago when he was diagnosed with hepatitis C: what doctors call "the next epidemic." So perhaps Weingarten is a posthypochondriac who recalls the pleasures of imaginary illnesses while coping with all-too-real health problems. *Mary Carroll*

Review

New York Daily News Flat out the funniest book on hypochondria ever written.

Alexandra Jacobs *Entertainment Weekly* Weingarten half-merrily, half-anxiously dispenses with journalistic objectivity...and fleshes out concerns about his own mortality in detail that's not for the squeamish.

Allen B. Weisse, M.D. *Journal of the American Medical Association* If laughter is therapeutic, then this guide is sure to succeed, keeping all of us -- patients and physicians alike -- in stitches.

Jackie Jones Blecker *The San Diego Union-Tribune* The definitive laugh-out-loud handbook....Hilarious. And Scary.

About the Author

Gene Weingarten is a nationally syndicated humor columnist and a Pulitzer Prize-winning staff writer for *The Washington Post*. He lives in Washington, DC.

Dave Barry is the author of many bestsellers including *Dave Barry's Complete Guide to Guys*, *Dave Barry Turns 40* and *Dave Barry Is Not Making This Up*. A wildly popular syndicated columnist, Barry won the 1988 Pulitzer Prize for commentary. He lives in Miami, FL.

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