

# Well Enough Alone: A Cultural History of My Hypochondria // Jennifer Traig // 2008 // 256 pages // Riverhead Books, 2008 // 9781594489914

Well Enough Alone is the definitive book on being worried well, in all of its gruesome and hysterical detail, from one of our funniest and most distinctive literary voices. A hilarious first-person account of life as a hypochondriac, as well as a look at the condition's history and broader cultural context, from the critically acclaimed author of Devil in the Details. What she does have is hypochondria. Jenny Traig's inquiry into her ailment is not only an uproariously funny account but also a literary tour of hypochondria, past and present: the implied hypochondria of the Talmud, the flatulence-obsessed eighteenth century, and the malady's current unfortunate lack of a celebrity spokesperson. In this book, "Well Enough Alone", she just seems annoying. Her time lines are confusing; was she a grad student and teaching while she lived with the druggie roommates? Was she becoming an observant Jew while partying with her [...] pals? My confusion may stem from having read an earlier autobiographical book by her, and trying to overlay it with this one, and the two do not seem congruent in any way. Maybe this is an alternate history. The historical info. on hypochondria and diseases is interesting, I would have enjoyed a book just about that. A book-length investigation of hypochondria might seem an unlikely vehicle for humor, but Traig's a very funny writer. There's a delightful turn of phrase or two on nearly every page of the book. Well Enough Alone: A Cultural History of My Hypochondria by Jennifer Traig. Buy. 5. What's Wrong With Dorfman? by John Blumenthal. Share on: Twitter Facebook. Please publish this list to enable sharing. The best cure that I've found for hypochondria (abnormal anxiety about one's health, especially an unwarranted fear of serious disease) is reading about other hypochondriacs. 1. Buy. Is It All in Your Head?: True Stories of Imaginary Illness by Suzanne O'Sullivan. The author is a doctor of neurology in England. Her experience is with patients with psychogenic disorders, as well as phy