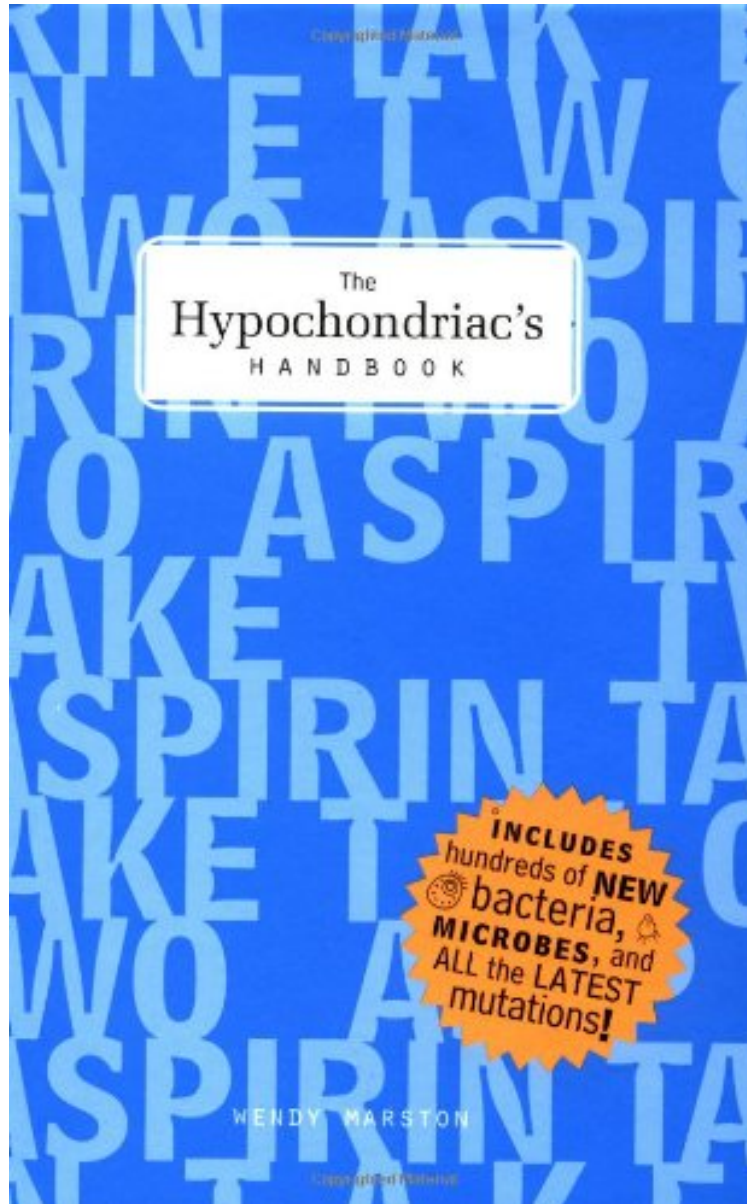


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Wendy Marston : The Hypochondriac's Handbook before purchasing it in order to gage whether or not it would be worth my time, and all praised The Hypochondriac's Handbook:

0 of 0 people found the following review helpful. Five StarsBy CustomerGreat read- especially for those who can appreciate hypochondriac humor2 of 2 people found the following review helpful. Fun FactsBy A CustomerThis

book is a fun little trivia book that you can breeze through in a couple of hours. It lists various unlikely things in the environment that can potentially cause illness. I would like to see something that fleshes the entries out a bit more though. A bit more about these odd dangers and what to do about them would be more interesting. 0 of 0 people found the following review helpful. Random FactsBy 02128I am a big fan of random trivia, and this book is perfect for those who love random trivia, with a more medical perspective. While it might make you think twice about how often you wash your hands, its written in a simple but fun fact filled way, so you enjoy it thoroughly

Feeling good? Are you sure? This hilarious guide -- a sequel to the best-selling Paranoid's Pocket Guide -- is guaranteed to make you wonder. With hundreds of symptoms to watch for and in-depth information on the latest germ mutations, this compendium offers compelling proof that there is always something to worry about, even if you seem to be in perfect shape. A must-have for today's health-conscious individual, it also reveals worrisome facts about doctors and insurance companies. It's packed with black-and-white photos documenting everyday items that can menace your health -- often seemingly "harmless" items such as a pencil or a water fountain. Fortunately, this book will make you laugh, which releases endorphins and promotes health -- for the moment. For soundness of body and mind, read the Hypochondriac's Handbook. Better safe than sorry!

About the AuthorWendy Marston is obsessed with health. She has written on health for the New York Times Magazine , Newsweek , and the Washington Post , and is a former contributing editor at Health . She lives in New York City.