



The Happy Hypochondriac

Kat Spitzer

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How does a person stay upbeat in life when she constantly fears death or other health catastrophes? This humorous, absurd, yet relatable story offers a glimpse into the antics of a hypochondriac; from the rapturous to the downright ugly. She endures dance recitals gone wrong, first love amid the glow of mini golf, living the college dream with waffle batter in her hair, the gut-wrenching loss of her parents, forging lasting love while clinging to a mountain, and starting her own family with a rash so bad she was declared a medical marvel; but shows it's possible to function, succeed and even have fun despite the craziness. About the Author: Kat Spitzer writes the blog, "The Happy Hypochondriac" (www.happyhypochondriac.com). She also writes nonfiction for magazines. The Happy Hypochondriac is her first book. She graduated from Vanderbilt University and Vermont Law School. The word "hypochondriac" appears in all of her medical files. She lives in Maryland, surrounded by her very patient and understanding friends and family.

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