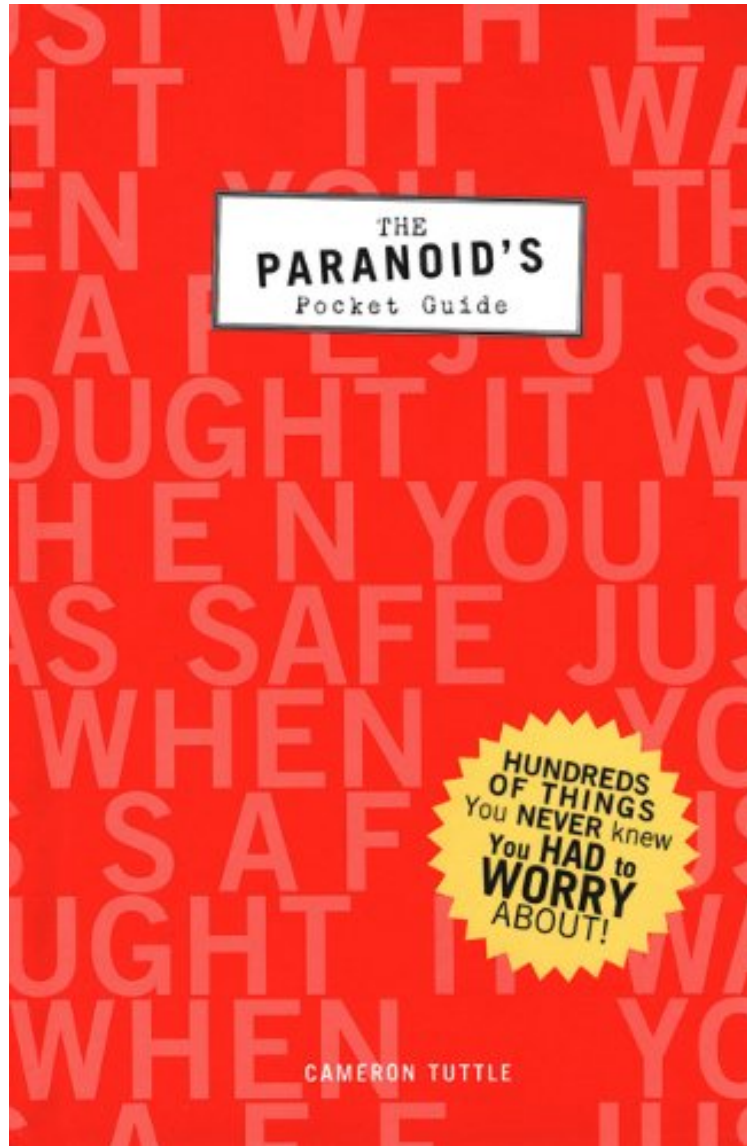


(Download free pdf) The Paranoid's Pocket Guide

The Paranoid's Pocket Guide

Cameron Tuttle

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Cameron Tuttle : The Paranoid's Pocket Guide before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Paranoid's Pocket Guide:

0 of 0 people found the following review helpful. AWESOME READ!By ReaderReviewI love this book so much that I had to buy it again when the first copy fell apart. It is HILARIOUS! Be careful, though. It might make you a little paranoid. ;)0 of 0 people found the following review helpful. We already know the world is terrifyingBy CustomerIncredibly short, and mostly compiled of information that readers have probably already heard. Still, it was

interesting. The layout could have been better, but it was easy to read in snippets. An ideal bus book. 0 of 0 people found the following review helpful. wrongBy BoogerDid'nt read through all of the book yet. But looked up some of the "facts" myself. Some of them way off. Some of them quite interesting. So if you are paranoid, don't rely on this. Do some of your own research.

Are you worried sick? If not, maybe you should be. Because a pair of drawstring sweatpants could bring about your most embarrassing moment. And a toothpick in your sandwich can be the deadliest of weapons. Including hundreds of bizarre-but-true things that can get you, this compact volume will induce nervous page flipping and make even the most snug and secure folks bonafide paranoiacs. Chilling black and white photographs document the everyday items that menace your safety. But whether it's archibutyrophobia (the fear of peanut butter sticking to the roof of your mouth) or phobophobia (the fear of fear itself) that eventually gets you, don't be afraid to buy this book. You never know what might happen to you if you don't.

.com Eccentrically organized, Cameron Tuttle's *The Paranoid's Pocket Guide* is a cautionary guidebook to take you into the millennium or, at the very least, put your worst fears in perspective. "Fright Bites!" ("In 1996, the Centers for Disease Control reported that it does not have a large enough budget to research all of the emerging pathogens") burst in on thematically arranged sections such as "Militias," "At Home," "Hypochondriac's Alert," and "At The Gym." Do you know that "every year, close to 200 exercisers fall victim to metal seat posts when the seats on their stationary bikes collapse?" More pointedly, do you need to? Lightning, in Tuttle's total scheme, glitters through the book as a significant leitmotif. It's entertaining, but probably not the best book to read on a long airplane ride. s From: The New York Times Magazine Plazm From: The New York Times Magazine Questions for Cameron Tuttle, the author of *The Paranoid's Pocket Guide* You recommend "niche worrying." What is it? A: Niche worrying is a means of conveniently organizing one's paranoia. It's concentrating at an appropriate time, like focussing on getting Legionnaires' disease from inhaling steam containing *Legionella pneumophila* bacteria while taking a shower at the gym. Q: What are your sources? A: Television, newspaper and the Centers for Disease Control. And ads -- like those for the Club, possibly the world's most paranoid product. Advertising, after all, preys off our collective paranoia to sell "cures" and "protection." Q: Is paranoia healthy? A: I believe so. Think about what adds up to paranoia: information plus imagination. In my book, I include a factoid on insurance policies offering coverage for destruction by satellite. Only an active and alert mind will draw the conclusion that their property is in actual danger. Paranoia is proof that one is aware. By Jack Harris A gimmick book, "to help you worry more efficiently." If you have a propensity to worry a lot, this collection of factoids might lend some credence to your condition. It is arranged in short paragraphs and lists with comments in the margins. "The IRS has more employees than the FBI or any other law enforcement agency" then "What are they really doing?" as an aside. A good question, one that has occurred to most of us without the benefit of this guide. Along the bottom of each page is a sort of first person worry-wart stream of consciousness rant running a spectrum of concerns from the mundane (did I leave the iron on?) to the exotic (there's a tapeworm inside of me) the truly paranoid (angry adolescent spitting in my fast-food) to the self-fulfilling prophesy (I'll be left at the altar). With this attitude, you will lose sleep (the paranoids are out to get me). Some of the blurbs are eye-opening. "According to the Federal Aviation Administration, 13% of the commercial airline pilots tested positive for alcohol or drugs while on duty," Others are obvious, "Thirty-four percent of hunting deaths and injuries are self-inflicted." Nowhere in this book are the sources documented or footnoted which is what dooms it to the novelty category. It might go well if the person could flip through a few pages for a baffled grin. One with slower bowels could conceivably push through the whole book in a sitting, with the caution: "One in 6,500 Americans will be injured by a toilet seat during their lifetime. Most will be men." About the AuthorCameron Tuttle is a freelance writer in San Francisco, California. Since writing this book, she rarely ventures outside.