

# Contents

<b>Prologue</b>	<b>xv</b>
<b>1. Why Are Other People So Fascinating &amp; So Annoying?</b>	<b>I</b>
Nicotine Nirvana: Welcome to the Smoking State . . . . .	1
The Six Friends Nobody Needs . . . . .	4
Your Trash Talk is our Wicked Pleasure . . . . .	6
What's Wrong with These People? . . . . .	9
<b>2. What is the Meaning of Life &amp; Where Did I Leave My Keys?</b>	<b>13</b>
All Stressed Up and No Place to Go . . . . .	13
Work-Life Balance is a Crock . . . . .	16
The Meaning of Life in Two Words . . . . .	18
<b>3. Why Do Men Resist Change &amp; Why Do Women Bother to Try?</b>	<b>21</b>
Take a Wife and Call Me in the Morning . . . . .	21
Wine, Roses, Mittens: It Must Be Love . . . . .	23
Why Must I Always Be Grateful? . . . . .	25
The Secret Angst of Men, Imposters Within . . . . .	28



- 4. Can You Become CEO by Standing Next to the Water Cooler?** **31**
- Chumps or Chimps: Monkeys in the Middle  
of Management . . . . . 31
- Power Lunching 101: A High Stakes Test  
of Humanity . . . . . 34
- Are Friends Vital to Your Paycheck? . . . . . 37
- 5. How Did My Woo-Woo Get So Out of Wack?** **41**
- Leftover Pizza Boxes, Hold the Chi . . . . . 41
- Leaping Through Life Turns You into a Toad . . 43
- Put Down the Pledge and Slowly Back Away  
from the Coffee Table . . . . . 46
- Hey, Buddy, Can You Spare Some Jing? . . . . . 49
- 6. Why Isn't Marriage as Exciting as Dating?** **53**
- Sex, Stress, and Cellulite: A Recipe for Love . . . 53
- Kleenex or Court Costs? . . . . . 56
- The Truth About Weddings—  
For Better Or Worse . . . . . 58
- Multi-Tasking Your Way to an Affair . . . . . 61
- “You Complete Me,” and Other Lies I Believed  
About Love . . . . . 64
- 7. Does the Buddha Need Botox?** **69**
- Fading Reflections of a Has-Been Hottie. . . . . 69
- Where Have All the Dumb Girls Gone? . . . . . 71
- Is Fat the New Thin? . . . . . 74
- Nobody Feels Beautiful While She's Getting  
a Boob Job. . . . . 77



<b>8. What if Peace was Sexy?</b>	<b>81</b>
First Class Baby from Dayton . . . . .	81
Strong Words from the Mouth of a Babe. . . . .	83
It's Kumbaya Week at West Point . . . . .	86
The Hero Conspiracy Against Men . . . . .	89
<b>9. How Much Guilt Can You Fit into a Briefcase?</b>	<b>93</b>
Faux Housewives Found Guilty as Charged . . .	93
Your Inner Ten-Year-Old: Career Coach to the Stars . . . . .	95
Do As I Say, Not As I Feel. . . . .	98
<b>10. Can You Blackberry Your Way to Happiness?</b>	<b>103</b>
Rat Racers, Back Away From the Starting Line. .	103
Honey, We Can All Hear You Now. . . . .	105
Naked on the Net—It's a Good Thing . . . . .	108
Who Are These Weirdos in my House? . . . . .	110
<b>11. Are Stretch Marks the Badge of Personal     Growth?</b>	<b>115</b>
Where Have All the Young Moms Gone? . . . . .	115
The Perfect Bump . . . . .	117
<b>12. Can You Change a Person by Honking?</b>	<b>121</b>
Judging the Action-Packed Game of Parenting . .	121
Honk if I'm an Idiot!. . . . .	124
Circle of Dumping: The Golden Rule in Reverse . . . . .	126



**13. Can Sponge Bob Get You into Mensa? 131**

Sponge Bob, Monet, and PTA. . . . . 131

Fatty, Fatty Two-By-Four Coming Through  
the Lunchroom Door . . . . . 134

The Cinderella Syndrome is Plagued with  
Flakey Glitter . . . . . 136

Putting “What” Before “Who” is a Backwards  
Approach . . . . . 139

Mom’s on Auto Pilot, Look Out . . . . . 141

**14. Why isn’t Poccahontas President of the United States? 145**

Does Your Mamma Know You’re Acting  
Like That? . . . . . 145

Gaggle of Grandma’s in the Galley . . . . . 148

Is a Sliver of the Pie Too Much to Ask For? . . . . 150

Second-Guessing the Other Guy’s Values is  
a Cheap Way Out . . . . . 153

**15. Are Corporate Witches Getting a Bum Rap? 157**

Riding High on a Pink Broomstick. . . . . 157

Casualties of the Mommy Wars. . . . . 160

Is Your Ratty Bathrobe the New Power Suit? . . . 162

**16. Is Your Brain Ruining Your Life? 167**

Looking for a Common Denominator? . . . . . 167

Making Your Marriage Miserable in Your  
Mind? Maybe. . . . . 169

Half-Brained Workers Have a Competitive  
Advantage . . . . . 172



**17. Why Does Mom Always Hold the Barf Bucket? 175**  
 Are Girlfriends the Mojo of Marriage? . . . . . 175  
 A Tale of Two Vacations . . . . . 178

**18. Does Santa-Claus Get Anxiety Attacks? 181**  
 Thanks for the Misery . . . . . 181  
 Sloppy Entertaining: The Latest Rage in  
 Holiday Parties . . . . . 183  
 Making Holiday Magic Happen Causes  
 Nothing but Grief. . . . . 186  
 Dried Out Decorations Fan the Flames  
 of the Faithful . . . . . 188

**19. Do Dead Mothers Make Better Fathers? 191**  
 Suburban Husbands: Gorillas in our Midst. . . . . 191  
 Mamma's Boys Learn Subtraction and  
 Turn Out Worse . . . . . 194  
 Kill Off the Mom for Sitcom Success . . . . . 196

**20. Is Fake the New Real? 199**  
 Pathological Botox Moms Wreak Havoc  
 at PTA. . . . . 199  
 Television: Parallel Universe to La-La Land . . . . . 201

**21. Is Religion Stealing our Spirituality? 205**  
 Social Neurosis Leads to Mass Destruction . . . . . 205  
 Five Rules for Choosing a Bathing Suit  
 or a Religion . . . . . 208  
 Swaggart and Sororities: Too Tempting  
 to Resist. . . . . 210  
 Thou Shalt Not Think For Thy Self . . . . . 213  
 Cracking the Code on Literal Lunacy . . . . . 216



**22. Why is TV More Interesting Than Church? 219**  
 From Phil to Phil: A Televised Look at  
 Human Evolution . . . . . 219  
 Mobile Home Mea Culpa: Redneck  
 Redemption . . . . . 222  
 Is Televised Self-Help Taking the Place  
 of Religion? . . . . . 224

**23. Is God a Small, Sassy Black Woman? 227**  
 Hero Factory Staffed with Stand-Up Citizens . . 227  
 Presidential Bonnet Opens the Door for  
 Generations of Queens . . . . . 230  
 Is Living Paycheck to Paycheck a Crime  
 Punishable by Death in Flood Water? . . . . . 232

**Recommended Resources 24I**

**Acknowledgements 247**

