



Just Checking: Scenes from the life of an obsessive-compulsive

By Emily Colas

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As my friend the heroin addict says, "You're only as sick as your secrets."

Emily Colas -- young, intelligent, well-educated wife and mother of two -- had a secret that was getting in the way of certain activities. Like touching people. Having a normal relationship with her husband. Socializing. Getting a job. Eating out. Like leaving the house. Soon there was no interval in her life when she was not

just checking

This raw, darkly comic series of astonishing vignettes is Emily Colas' achingly honest chronicle of her twisted journey through the obsessive-compulsive disorder that came to dominate her world. In the beginning it was germs and food. By the time she faced the fact that she was really "losing it," Colas had become a slave to her own "hobbies" -- from the daily hair cutting to incessant inspections of her children's clothing for bloodstains.

A shocking, hilarious, enormously appealing account of a young woman struggling to gain control of her life, this is Emily Colas' exposé of a soul tormented, but balanced by a buoyance of spirit and a piercing sense of humor that may be her saving grace.

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Editorial Review

Review

New York Magazine Hilarious, harrowing.

San Diego Union-Tribune *Just Checking* twitches with pain and pulses with insight....It's also so enjoyable, and so frequently laugh-out-loud hilarious, you'll feel guilty profiting from Colas' agony.

Dallas Morning News A wonderful little book....

Deseret News In the literature of mental illness, this one is destined to be a classic....Every worrier will recognize in Colas a true sister. Everyone who likes to laugh will be glad she was brave enough to tell this story on herself.

David Sedaris author of *Naked* *Just Checking* is, in turn, mysterious, agonizing, and terribly funny. Emily Colas writes with such skill and honesty that I can't help but wish she suffers a relapse. It's selfish, I know, but I want more.

Detroit News Intimate and revealing.

Booklist This anecdotal, first-person account of Colas' illness is highly readable and funny...One hopes that Colas will take up her pen again.

Kirkus Reviews A frank and funny first-person account of living with obsessive-compulsive disorder...With its unique patient's-eye view and perceptive honesty, a valuable contribution to the literature....

Martha Manning author of *Undercurrents* and *Chasing Grace* Everyone knows what it's like to worry. But for most people, it's not a twenty-four-hour occupation. Emily Colas draws readers into a world dominated by details -- a dangerous world in which kitchen utensils are instruments of deadly contamination, restaurant food is probably poisoned, and a tiny paper cut is potentially fatal. Through a series of vignettes she paints a compelling picture of a life dominated by compulsions and the worries that fuel them. If she'd left it there, *Just Checking* would be a valuable case study of a psychiatric illness. But Colas is a born storyteller, and a wickedly funny one at that. *Just Checking* is as hilarious as it is harrowing -- a combination that makes it an engaging and ultimately powerful book.

Java A terribly funny, sad, and deeply human account...Honesty is the key here, and it's Colas' ironic self-awareness that makes for such a refreshing read.

From the Back Cover

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About the Author

Emily Colas is thirty-two years old and lives in New York City. Just Checking is her first book.

Users Review

From reader reviews:

Jose Anderson:

Have you spare time for just a day? What do you do when you have more or little spare time? Sure, you can choose the suitable activity intended for spend your time. Any person spent all their spare time to take a wander, shopping, or went to typically the Mall. How about open or even read a book entitled Just Checking: Scenes from the life of an obsessive-compulsive? Maybe it is for being best activity for you. You realize beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with its opinion or you have various other opinion?

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