

VALETUDINARIANISM

Meaning: Valetudinarianism is an excessive preoccupation with one's health and potential illnesses, often leading to anxiety and a fear-driven lifestyle.

1. Valetudinarianism often leads individuals to focus excessively on their health, ultimately causing more anxiety than benefit.
2. Many philosophers have critiqued valetudinarianism for promoting a lifestyle driven by fear of illness rather than one of vitality.
3. The rise of valetudinarianism in modern society reflects a cultural obsession with wellness and self-care.
4. Understanding valetudinarianism can help us recognize the fine line between being health-conscious and becoming overly fixated on illness.
5. In literature, characters exhibiting valetudinarianism often serve as a commentary on society's relationship with health and fear of mortality.

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