

## „Cachexia”

Krystian Nowak

**Binding:** soft with wings

**Volume:** 360 pages

**Format:** 125 x 205 mm

**EAN:** 9788365230898

**E-book:** Yes

**Year of publication:** 2022

Translation samples in English  
and Spanish are available



## Krystian Nowak

Writer and publisher. An author who likes to keep a close eye on society. Wrote four books. „All the People I Know Are Mentally Ill” (satire), „People of Good Will” (small town court drama), „Kebabistan” (non-fiction about doner kebab phenomenon in Poland) and „Cachexia”. Another one is said to be in his drawer. He likes to laugh, sometimes through tears and clenched teeth.

### From the reviews

#### ► *Tender nihilism*

Jarosław Czechowicz

„This story is born out of all sorts of deficits, and the whole thing is an intimate lament over the fact that no one cares. But it is at the same time a story of how to turn to one's inner self in a sensible way, how to strengthen oneself emotionally and how to believe that one is not at all a grey part of an extremely grey everyday life. Everything here has colours, it has emotions, it has some. Each of the chapters is essentially about the same thing, while opening up to something new. ‚Cachexia’ is therefore not a bleak tale of how to be trivially defeated by life. It is a bravura story, written in a grotesque-ironic style, about how fascinating we can be by looking at the appearances of reality and then seeing it for real. Nowak has created the character of an evocative and convincing observer who not only negates, but also tries to be creative and constructive in his negation. (...) He is interested not in the fact that every life comes to an end with a greater or lesser baggage of experiences, but, above all, in the case that gives some the opportunity to learn all the existential lessons, while others are confronted with the uncompromising lesson of annihilation. In other words: it is the stuff of everything we are lucky enough to experience. By chance, because we did not become part of the exterminated human mass. Nowak's protagonist confronts, on the one hand, how a life that has been ordered to the point of pain can cease to be satisfying, while, on the other, he continues to reflect on the sick satisfaction of those who were able to murder millions.

#### ► *Genocide and economics - the hobbies of the modern a thirty-year-old.*

„It doesn't matter what my name is. I just want someone to listen to me. It was so unfortunate that it came across you. Boo!”

There is a lot about this novel that is not obvious, although on the surface it seems quite common. The protagonist and narrator tells the story seemingly ordinary but actually eccentric which escapes stereotypes again and again. A contemporary, thirty-year-old man, an ordinary bank employee with a rather peculiar hobby (death econometrics) leads a normal life. Things start to complicate when he cheats on his wife with a girl from work, about which he doesn't really know anything. Even, that she had gender reassignment surgery. In this relation he will learn as much about her, as about himself.

The narrative style is being compared somewhere between Houellebecq and Vonnegut.

Written in thirty-five acts, it is a bold tale of love, death and that happens to everyone. You know how it goes.

(...) ‚Cachexia’ is about what to do with the life we have been given by chance, and which we have squandered. How to put it all back together again and whether it’s worth it at all. Behind this there are interesting flashbacks, unconventional associations and quite a few debatable theses. Do we really not want to be alive? What about atavisms? Is the persuasion to believe in our own abilities a great injustice done to us by the world? Why, if it is through a sense of agency in telling this story that the narrator is in a winning position? We will read it and not be indifferent to the ironic but also quite seriously exemplified complaints about how difficult it is to be human today and how humanity can really be something for a while. (...) ‚Cachexia’ is not an expression of anguish and resignation, because one cannot escape from being mundane. It is a story, full of humour and the art of self-distance, about a man who appreciates his individuality, treating it as an asset, a good starting position to reach for what is seemingly unattainable or not worth conquering. A great novel about responsibility for oneself and others’.

### ▶ *Pamphlet on cynicism and empathy*

Jarek Holden

„Krystian Nowak has written about everything and nothing. It has a brilliance, a freshness and (above all) cynicism and sarcasm and deceptive empathy. About Everything, because it’s corporate, queer, alcohol, loneliness, childhood without parents, all around flawed relationships. In other words, the standard. About Nothing, because nothingness is death. Passing away. Entanglement. Nothingness, it seems to us, of numbers. And it is they who remain. They are the only ones. People are numbers. Fractions. Faceless sets. About Everything and Nothing. About genocide; tangible, forgotten and that from Excel tables. About love full of twists and turns. (...) Krystian Nowak surprised me. Because, I must admit, I was not expecting fireworks. What I got was a piece of solid, craft literature with flashes of genius.

### ▶ *Corpo work, death and love*

Jagoda Gawliczek

‚Cachexia’ by Krystian Nowak is a surprising book. The seemingly simple premise (just a corporate employee in his thirties telling us about his life) meanders into more and more interesting areas with every passing moment. (...) There is no shortage of delightful absurdities straight out of ‚The Office’. - nonsensical presentations, unclear job descriptions or awkward interactions from the social rooms. What is most interesting, however, happens when we move away from the desks and glass offices. (...) The main character’s life is filled with an obsession (fondly called a hobby) oscillating around the theme of death. He avidly researches the history of genocide and, for relaxation, calculates car accident statistics. He also considers the ways in which he himself contributes to the annihilation of humanity by fuelling climate catastrophe. (...) What I appreciate about ‚Cachexia’ is the self-awareness of the main character. He can be a terrible asshole, but thanks to his honesty with himself, there is something disarming about it. (...) Thanks to the first-person narrative, we gain constant access to his thoughts, doubts and insecurities, which we confront on the fly.



WYSZUKANE

Publishing House  
Al. Zjednoczenia 1/226  
01-829 Warszawa

[www.ezop.com.pl](http://www.ezop.com.pl)

