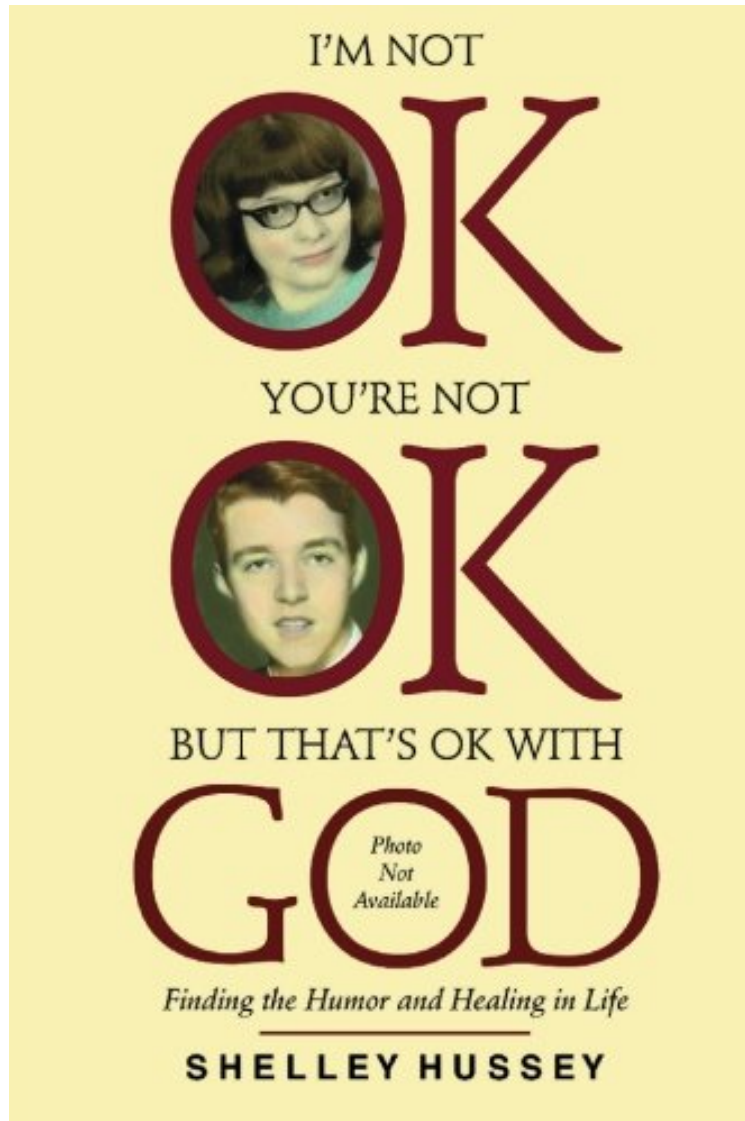


I'm Not OK, You're Not OK, But That's OK With God: Finding the Humor and Healing in Life

Shelley Hussey

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Shelley Hussey : I'm Not OK, You're Not OK, But That's OK With God: Finding the Humor and Healing in Life before purchasing it in order to gage whether or not it would be worth my time, and all praised I'm Not OK, You're Not OK, But That's OK With God: Finding the Humor and Healing in Life:

2 of 2 people found the following review helpful. Nuttiness Exposed with Wit and Wisdom By Ron Furgerson This book hits the nuttiness nail squarely on the head! Having a brother who suffers from many of the "cootie-type"

idiosyncrasies addressed in "OK," I can affirm the value of humor mingled with patience and understanding in maintaining some degree of personal sanity while fulfilling the caregiver role. Shelley's wit and keen insight helped me know that I am not alone in this struggle and that survival is a real possibility -- a possibility I often doubted. Ron Furgerson, Pastor, New Life Christian Church [...] 7 of 7 people found the following review helpful. Give the mental cooties the boot. By J. Bailey Shelley Hussey's "I'm Not OK, You're Not OK, But That's OK With God" is unlike any other self-help tool or book. While some make you feel guilty and lack encouragement, Shelley lets her readers know that they aren't the only ones suffering from mental illnesses, and that there are many possibilities in overcoming their problems. Through her witty use of humor and devotion to God, she restores a little faith in her readers. Shelley puts her personal life on the line in hopes of using it as a coping mechanism to help others manage their own circumstances. The book is especially appealing to a general audience as well as her intended audience because it has universality: many people are going through, have gone through, or will go through difficult times because of stress-related illnesses. With Shelley's little push of faith and encouragement, the readers gain ground against their mental foes to begin a successful road to healing and to begin rebuilding a better foundation to a happier well-being. It was incredibly touching to my own personal life and even gave me quite a boost of self-confidence and encouragement! 1 of 1 people found the following review helpful. Book is MORE than "OK." It's a keeper. By Queen Jaw Jaw Hardly a person today can say they haven't been touched in some way by mental illness at certain points in their lives. Maybe it was their partner or spouse, their children, friends, or co-workers. This book was written for each and every one of these people because the author knows that mental illness does not recognize age or social boundaries. I found Hussey's book to be open, honest, and lighthearted; and her words will certainly give courage to many who struggle daily with deep fears, anxieties, and a sense of hopelessness. Read it for no other reason than to understand these issues and how they affect everyone differently. You'll probably find yourself within the pages of Hussey's book, but you'll also find a glowing spirit and mounds of compassion. This is where the healing begins. The best thing about this book, aside from her sharp wit and wicked sense of humor, is Hussey's intention for sharing her own journey, and that of others, so that mental sufferers everywhere can have new information about their own "quirks" or "cooties," as she calls them, and be offered ways to deal with them. A nice compliment to each chapter's end is the appropriate Scriptures quoted accompanied with words of inspiration and encouragement. An update on the author's life (including her family) is given at the end of the book along with ample resources, Mental Notes, and Discussion Topics for book clubs. Written from the heart, Shelley gives it all to her readers and does so with unbelievable clarity and understanding for someone who is dissecting their own life from the outside in. She lovingly provides all with intermittent doses of humor, words of encouragement, and some very spirited wisdom. Mission accomplished.

Shelley Hussey shamelessly puts the "fun" back in dysfunctional in her book, *I'm Not OK, You're Not OK, But That's OK With God: Finding the Humor and Healing in Life*. *I'm Not OK* is a hybrid: equal parts self-help, memoir, humor, how-to, inspiration, and motivation. Readers will find it to be a refreshing take on dealing with the shame and blame that often accompanies mental illness—educating and entertaining, frequently in the same paragraph. The book is also a testament to the degree that love and laughter lighten the load of life. Both the author and her husband endured—and overcame—chronic emotional turmoil and mental meltdowns. The author's keen wit and humorous insights, combined with carefully notated substantial references and end-of-chapter words of encouragement, add to the take-away value of *I'm Not OK*. Take a happy pill—take Hussey's book home. You'll feel lighter in the morning.