



I'm Not Suffering from Insanity...: I'm Enjoying Every Minute of It!

Karen Scalf Linamen

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I'm Not Suffering from Insanity...: I'm Enjoying Every Minute of It! Karen Scalf Linamen

If there's anything Karen Linamen knows, it's that sometimes life can feel crazy. She also knows that hope, healing, and humor go hand in hand. This new book offers plenty of each. *I'm Not Suffering from Insanity...I'm Enjoying Every Minute of It!* follows on the heels of her best-selling *Sometimes I Wake Up Grumpy...and Sometimes I Let Him Sleep* and, like her other books, is crammed with laugh-out-loud observations, intimate confessions, sound advice, and heartfelt encouragement. With suggestions ranging from the side-splitting to the sublime, Linamen shows women who feel they're "going crazy" how to jumpstart stalled friendships, practice their passions, embrace God's unconditional love, and replace grudges with gratitude. In the process, she reveals how to get well-groomed eyebrows that will outlast a Maytag washer and even how to experience better living through crown molding-all without missing a punch line. With her trademark transparency and wit intact, Linamen encourages women once again to embrace passion, wellness, and joy in every area of their lives. Sanity, as she points out, is optional.

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