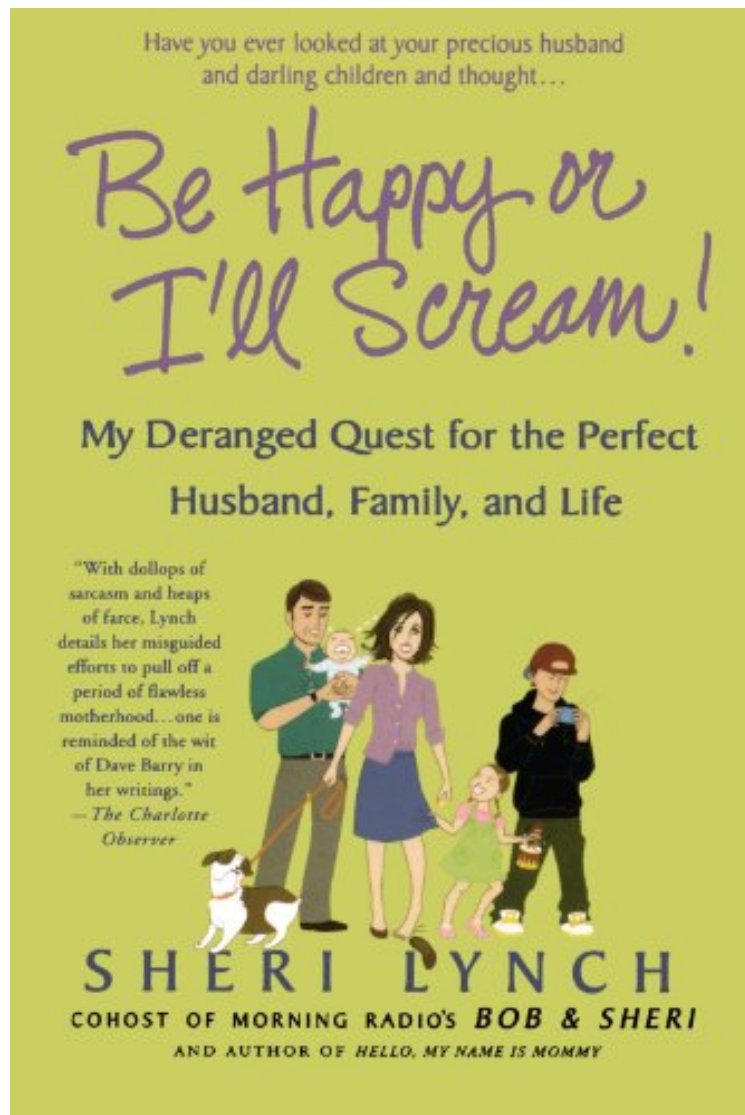


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Be Happy or I'll Scream!: My Deranged Quest for the Perfect Husband, Family, and Life

Sheri Lynch

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#546705 in Books Sheri Lynch 2007-02-06 2007-02-06 Original language: English PDF # 1 8.50 x .2 x 5.50l, .61 #File Name: 0312342349240 pages Be Happy or I ll Scream My Deranged Quest for the Perfect Husband Family and Life | File size: 38.Mb

Sheri Lynch : Be Happy or I'll Scream!: My Deranged Quest for the Perfect Husband, Family, and Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Be Happy or I'll Scream!: My Deranged Quest for the Perfect Husband, Family, and Life:

0 of 0 people found the following review helpful. Honest and relatable depiction of marriage and motherhood
By Customer
First off, I love Sheri Lynch which is why I bought this book to begin with. I could hear her telling these stories. There are many laugh out loud moments and many places I caught myself saying "oh my gosh, yes!!" Her words are very honest and true. I would recommend this book to any mom with a young family. You will be able to relate and hopefully find wisdom in her words.
0 of 0 people found the following review helpful. A Laugh A Minute!
By Sheila Rogers
While searching through 's Bargain Books, I came across "Be Happy or I'll Scream!: My Deranged Quest for the Perfect Husband, Family and Life" by Sheri Lynch. With a title like that, I couldn't resist buying it. Sheri is a woman who had a less than pleasant childhood and yearned for the perfect family, the kind she saw on TV sitcoms. Even after she was married and had children of her own, somehow she still had not achieved that "perfection". She decided that over the course of the year, they would become the ideal nuclear family. Her course of action - THINK yourself happy, REMEMBER they're growing up so fast, ADAPT to the challenges and PLAN for adventure or T.R.A.P. for short. In the end, she realized that happiness has to be pursued, that it doesn't just end up on your doorstep. "The real fun of life isn't waiting to be found in the biggest or flashiest or most spectacular places but in the small, quiet, mundane moments that disappear when you're not looking. Those are the things that can't be scripted or bought. They can only be seen and felt and remembered." So very true!
Her wit and humor left me truly laughing out loud! I highly recommend this book!
[as reviewed on my blog "My Personal Reviews"]
1 of 1 people found the following review helpful. Charming
By lahriegirl
Sheri is incredibly witty and funny on her daily show. Much of the wit is dependant on her quick retorts and mastery of language. That particular nuance doesn't translate when writing and re-writing (and re-writing) a book. However, looking into the thought process of her year-long pursuit DID elicit some out loud laughter and even a few "Hon, you've gotta hear this" moments. A nice, easy read. Perfectly charming and enjoyable.

Be Happy or I'll Scream is for every married woman who has found just the tiniest bit of disconnect between the image of a perfect family in her head—think "The Brady Bunch" or "The Huxtables"—and the evidence in front of her eyes. Instead of darling and compliant rosy-cheeked children and an adorably tolerant husband ready to go along with zany shenanigans, most women are faced with: kids who view family outings with all the enthusiasm of hardened inmates forced to bust rocks in roadside Alabama and a man who would trade every last one of her kooky ideas for a just a teeny little bit more sex and a hot meal on the table at six. Sheri Lynch, co-host of radio's syndicated Bob Sheri, is a superb humorist of modern marriage, mores, and motherhood. Her Hello, My Name Is Mommy decoded the pitfalls of pregnancy and trials of new motherhood. Be Happy or I'll Scream taps into the wackier, even more wonderful world of family and husband management, kid-raising, and sanity maintenance in the face of it all. Her take on what life is really like inside a marriage—as opposed to what it looks like on the holiday card version of same—will ring both wacky and true to any woman who was ever foolish enough to dream of the perfect marriage and family.

From Publishers Weekly
Parents will love Lynch's faux interview with toddler Olivia: "I don't go to sleep; I pass out," the kid tells her. "And I try to take as many people down with me as I can." Lynch (Hello, My Name Is Mommy) cleverly captures the angst of child-rearing in this funny memoir. She works while her husband stays at home with their two children, but that doesn't squelch her desire to create a family like those on TV, with their touching moments and meaningful lessons. Thus she gives herself a year to transform her family. The theme peters out, but Lynch's stories are funny enough that readers won't care. Her subjects—the \$850 toddler birthday party, the fact that "the first obstacle to hot marital monkey love is the crushing tyranny of one's own children," disastrous family vacations—have all been covered in other parenting memoirs, yet Lynch is so adroit, her material feels fresh. Working moms especially will applaud Lynch's insight: "if I were the one staying home, complete strangers wouldn't stroll up to him and coo: 'I think it's just so neat how your wife takes care of the kids. And she's adorable, too. Aren't you lucky?'" (Mar.)
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"(Lynch is) armed with a combination of brutal honesty and razor-sharp wit." ?The Business Journal of Charlotte, NC
About the Author
SHERI LYNCH is the co-host of the syndicated morning radio show Bob Sheri, which originates in Charlotte, North Carolina, and is heard in over sixty markets across the country. She lives with her husband, stepson and two preschool age daughters in Charlotte.