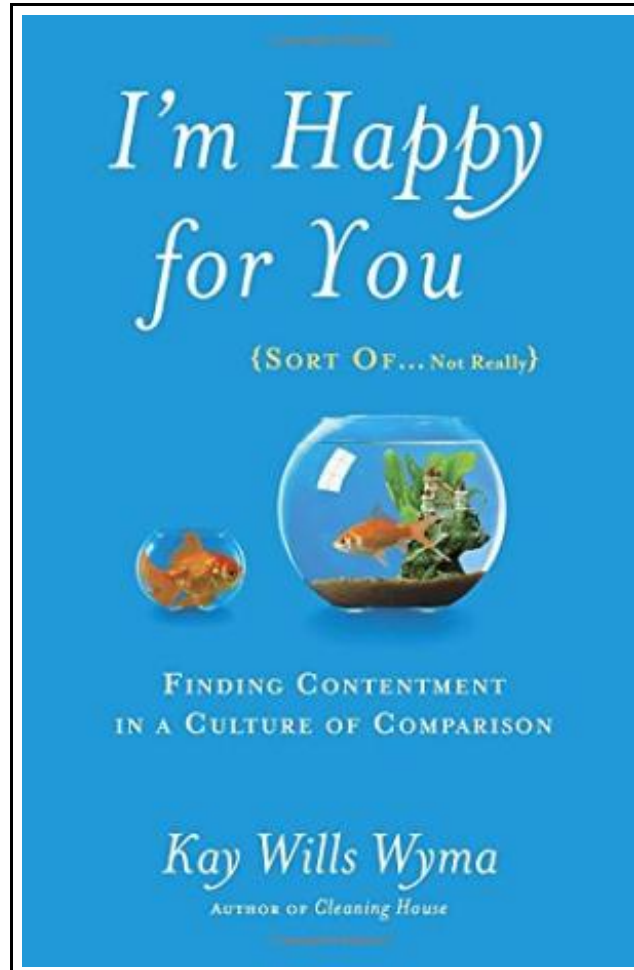


I'm Happy for You (Sort of. Not Really)



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Reviews

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(Dr. Porter Mitchell)

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Waterbrook Press (A Division of Random House Inc). Paperback. Book Condition: new. BRAND NEW, I'm Happy for You (Sort of.Not Really), Kay Willis Wyma, "A challenge for anyone caught up in the constant pursuit of busyness and self-promotion to choose instead a counter-cultural means of finding satisfaction exactly where they are. Mother of five Kay Wyma has witnessed firsthand how constant comparison breeds a lack of contentment, sapping joy and peace from our kids, from our families, from our lives, forcing us to live at breakneck speed to avoid falling behind or missing out. In addition to exposing the problem of competitive living, Kay offers practical suggestions for how we can learn to measure our lives less by how fast we're moving and more by how much we're celebrating, in ourselves, our kids, and in others. The issue of the "comparison trap" has taken center stage as social media gives us an immediate view of how others live and a skewed perspective of success as measured by re-tweets and "likes." Wyma writes not as an expert but an in-the-trenches mother of five and all-too-imperfect human who is trying to live well amid real-life challenges. Readers can relate to her struggles and find inspiration in her successes--along with practical tools from the team she draws around her to help give meaningful, transferable advice.



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