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Kathleen's Secrets for an Adequate Lifestyle

Kathleen F. Rhodes

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Kathleen F. Rhodes : Kathleen's Secrets for an Adequate Lifestyle before purchasing it in order to gauge whether or not it would be worth my time, and all praised Kathleen's Secrets for an Adequate Lifestyle:

1 of 1 people found the following review helpful. Absolutely hilariousBy A CustomerA hilarious collection of essays about the absurdities of everyday life... a slim, self-published, but beautifully done volume that'll have you cracking up out loud. The writing has echoes of Erma Bombeck and Dave Barry--astute and hilarious.0 of 0 people found the following review helpful. Need a laugh today?By Ann CliffordThis book delivers real laughter. Not, just a smile, or a

snort. Real laughs! I enjoyed sharing my favorite parts with my husband and I also look forward to sharing this book with my sisters. Kathleen's wit is refreshing!

Humor -- A collection of articles giving advice to the guilt-ridden trying to come to grips with their overloaded modern lives. Through the research of the fictitious "Center for Adequate Living", the author uses humor to guide readers through some of life's small conundrums -- cooking, doing laundry, choosing a mate, raising and feeding children, staying fit, growing old gracefully -- and many other dilemmas that defeat all of our best efforts to live the "perfect" life. Using the motto "Good Enough is Good Enough", readers are urged to lighten up, take a deep breath, and allow themselves to be fallible, imperfect, funny, endearing human beings. Some of the articles were previously published in "Indianapolis Woman" magazine and in the "Indianapolis Star".

". . . guaranteed to leave readers laughing -- and probably feeling better about themselves." -- Donna Mullinix, columnist, Indianapolis Star
"I think she has been hiding in my closet, watching me for the past ten years!" -- Bernadette Bradley, New York business owner and mother of four
"The humor is delightful and often thought provoking." -- Ronda Mitchell, mother of two
About the Author
Kathleen F. Rhodes, a pioneer in the art of Adequate Living, resides in Carmel, Indiana with her husband, two daughters, and a defective golden retriever. She writes when she clearly should be doing other things. She does not feel guilty. Ms. Rhodes believes that humor is essential for living, working, learning, and being healthy. She believes a smile is the shortest distance between two people. She believes that white chocolate is an oxymoron.