



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

Sheri Lynch

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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-cost 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.



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