



The Stressed  
Woman's Guide  
to ...



**Debora M. Coty**



**Family  
Management**

**The Stressed Woman's Ultimate Guide to  
Family Management**

OR

**Near-Facts of Science that Rock Your Universe**

**Debora M Coty**

Popular Speaker, Humorist and Award-winning author of numerous inspirational women's books, including the best-selling

*Too Blessed to be Stressed*

series

### **Theory of Negative Relative-osity**

As soon as you utter, “My child will *never* ...”,  
cosmic forces kick in to ensure that your little darlin’ will perform that precise behavior  
for the rest of his life.

Or until you end his life by the guppy parenting technique (eating your young).

### **No Talkie, No Squawkie**

This rule exemplifies the importance of communication in marriage.

If one marriage partner is forced to make a decision without prior mutual discussion, no  
complaining by the other partner is allowed afterward.

## **DAM**

That dreaded teenage malady, Disorder of Adolescent Memory (DAM), strikes around age 14. Primary symptoms include forgotten chores, eye rolls and empty-eyed shrugs when teens are asked what they did all day.

These are the times you just want to hook a voltmeter up to their little punkin' brains to see if *anything* is getting through.

DAM is closely associated with another viral teenage condition, I DUNNO.

## **TCC**

The Time Contortion Continuum (TCC) occurs when an angel in heaven with a warped sense of humor takes a turn on the time joystick.

Yep. Time drags on sleepless nights as you thrash about in the covers tormented by your to-do list, but zips by in hyperdrive when company's coming and the gravy boat hits the linoleum.

## **TIVI**

TIVI, (pronounced, appropriately, “TV”), is the unexplained phenomena that renders males selectively blind to spills, stains, crumbs, or dirty clothes on the floor:

T: Testosterone

I: Induced

V: Vision

I: Impairment

## **TIHI**

First cousin to TIVI, TIHI (pronounced “tee hee”) blocks the male’s auditory processing of certain phrases such as, “Take out the trash” and “It’s your turn to do the dishes.”

T: Testosterone

I: Induced

H: Hearing

I: Impairment

### **Adoption-Induced Fertility**

Family planning needs no longer be thwarted by infertility. As soon as adoption proceedings are underway, *zing!* Wha-da-ya-know? A biological baby appears within nine months.

Don't believe it? Just ask my daughter, who is the busy mother of twins by different mothers. (She adopted a newborn girl and two weeks later gave birth to a baby boy.)

### **Calendar Constipation**

The result of too much do-do-do; when the clogged squares on your calendar are overflowing with dancing lessons, band practices, and ballgames.

The only surefire cure for Calendar Constipation is an activities enema. Flush out unnecessary activities and wash away anything nonessential to maintain Mom's sanity during this season of life.

Books featuring the offbeat blend of humor and hope of **Debora M. Coty**:

*Too Blessed to be Stressed*

*More Beauty, Less Beast*

*Fear, Faith, and a Fistful of Chocolate*

*Too Loved to be Lost*

*Mom NEEDS Chocolate*

*Too Blessed to be Stressed Cookbook*

*Too Blessed to be Stressed: 3-Minute Devotions for Women*

*Too Blessed to be Stressed Journal*

*Too Blessed to be Stressed Coloring Book for Women*

*Too Blessed to be Stressed 5-Year Keepsake Journal*

*Too Blessed to be Stressed: Inspiration for Every Day  
(365-day Devotional)*

Debora would love to connect with you through Twitter, Facebook, Instagram, Pinterest, and her website, [www.DeboraCoty.com](http://www.DeboraCoty.com). While you're there, be sure to subscribe to her Too Blessed to be Stressed blog and free e-newsletter!

To book Debora to share her unique brand of biblical truth gift-wrapped in humor with your ladies group, visit Deb's speaker's page at [www.DeboraCoty.com](http://www.DeboraCoty.com)