



The Stressed
Woman's Guide
to ...



Debora M. Coty



**Life as
We Know It**



**The Stressed Woman's Ultimate Guide to
Life as We Know It**

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

BOOP

The Boiling Oatmeal Overflow Phenomenon (BOOP) postulates that women are like pots of oatmeal. At the beginning of the day we simmer – little manageable bubbles of stress rise to the surface and harmlessly dissipate.

But as the day progresses, the heat escalates and the oatmeal boils higher and wilder and meaner until it overflows and spoils everything around it with a nasty, sticky mess.

Would that be you about 4 p.m.?

The Joy-Sucking Fully-Funks

That spiritual black hole women fall into at times, where nothing particularly *bad* is happening, just nothing *good*.

Our minds fog, emotions go numb, eyes glaze over, and we move like autotrons in a perpetual state of spiritual dullness.

A busy woman can spend days, weeks, even years in the dully-funks, functioning, taking care of her family, but NOT experiencing the abundant life Jesus promised to believers in John 10:10: “*I have come that they may have life, and that they may have it more abundantly*” (NKJV).

Blabber Control

Blabber control issues are best managed by an alligator tip on the tongue.

Or by memorizing Proverbs 21:23: “*Keep your mouth shut, and you will stay out of trouble*” (NLT).

Boo Poo

Manure that feeds the seeds of fear and sprouts stinkin’ thinkin’.

To combat Boo Poo, you must mute the power of suggestion. Don’t sabotage yourself by watching Indiana Jones battle a cave full of vipers if you wrestle with a snake phobia.

Remember, you’re responsible for what you allow in your brain, just like you were responsible for your children’s exposure to harmful input when they were young.

Protect yourself. If you don’t, who will?

Alka Seltzer Sisters

Can you spell relief? I can: G-I-R-L-F-R-I-E-N-D!

Yep, the best stress relief women have is each other.

Bursting Bladder Phenomenon: BBP

That inexplicable law of nature that expands one 6-oz cup of hot tea consumed at bedtime into a half-gallon an hour after you hit the sack.

And then mysteriously dredges up another quart every hour thereafter.

It's the gift that keeps on giving ... all night long.

Squirrel Syndrome

When you can't finish one story before switching to ten more each time something you said reminds you of another story, and in the process, no point is ever completed and relevant meaning is completely diluted until no one, including you, knows what in the world you're talking about.

If you can't follow that explanation, you probably don't have it.

Mudsuckers

The sticky emotional mud produced by everyday stress that sucks energy out of you and binds you with such a strong grip, you feel like you'll never escape.

Four common mudsuckers for women are fatigue, circumstances, people-pleasing, and guilt.

Critter Creed

If Papa God can use a chicken (Peter's rooster), an ass (Balaam's donkey), and a pig (Prodigal son's dining companion), He'll might just be able to use me!

Frustration Equation

While spending time in Papa God's waiting room, it helps to remember this little sum:

$$\text{Humor} + \text{Faith} + \text{Perseverance} = \text{Survival}$$

DRAT

That annoying malady familiar to every crazy-busy woman: **Don't Remember A Thing!**

Open End Dividend

As every woman who has ever sacrificed for her family knows: Giving is a double blessing – to the receiver, of course, but exponentially more so to the giver. Whatever the gift we sacrificially give - precious time, the best piece of chicken, our last ounce of energy – we're the ones who feel incredibly blessed. The spiritual benefit is infinite ... immeasurable ... open-ended.

“It is more blessed to give than to receive” (Acts 20:35, NKJV).

Summertime Pool Rule

Taking a potty break in a wet bathing suit is like peeling the skin off a hot dog and then trying to put it back on.

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. 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