



Splashes of Joy in the Cesspools of Life

Barbara Johnson

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Barbara Johnson's approach to life is positive, uplifting, therapeutic and fun. Barbara Johnson is far from being a cock-eyed optimist?blind to life's grief and disappointment. In fact, her entire ministry of joy and encouragement began in the "slimy cesspool" of her own pain. She is a *clear-eyed* optimist. And that's why her laughter is so infectious and her wisdom rings so true in this joy-giving book, which offers giggles and guidance to help you:

- shore up a sinking self-esteem
- reach the other side of your grief
- weather your stress and get rid of your guilt
- restore the joys of motherhood
- repair broken relationships with your children
- learn to live with your illness
- cultivate your patience?even when you just don't think you can wait
- sustain an effective prayer life
- make peace with aging?and go for healthy maturity

"Almost everyone needs a splash of joy to get through the mess, to get cleaned off and get sweetened up?refreshed and ready to go again," Barbara Johnson says.

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