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From ReganBooks : Happy Housewives: I Was a Whining, Miserable, Desperate Housewife But I Finally Snapped Out of it - You Can, Too! by Shine, Darla (2006) before purchasing it in order to gage whether or not it would be worth my time, and all praised Happy Housewives: I Was a Whining, Miserable, Desperate Housewife But I Finally Snapped Out of it - You Can, Too! by Shine, Darla (2006):

7 of 8 people found the following review helpful. A book rife with egoBy Kristin BraymanI really wanted to like this book, and I thought it would have some helpful advice. Unfortunately this book fell very short of my expectations.I have read a lot of self help books, and I have plenty of things I'd like to improve, my skills as a home manager being one of them. But, there are a lot of things I don't care for about this book, and reasons why it was maddeningly unhelpful.First of all, in the first chapter, Shine tells her readers to stop complaining, and eliminate the ego. Now, this is good advice on its own. However, that advice is tempered by a superior tone to the book, tons of complaints about how hard it is to be a mom and a wife, and every other line is some sort of judgement against other women who don't live just like she does. In essence, she's pretty much fooled herself into thinking that she has "let go of her ego." If she actually had, then her "advice", which are just disguised judgements, would not be coming from such a combative place.She has no compassion for people who are feeling out of control. Her advice is pretty much limited to "suck it

up, sister" because it could always be worse. Yeah, it could be worse, but ignoring serious problems like a breakdown of communication between spouses, incompatibility, depression, etc doesn't do anyone any good. Shine also has a very limited concept of sex, and advocates using sex to get money from your husband. Since when did manipulating your spouse become good behavior? As an addendum to that, I was personally disheartened to see that she also tells women that if a man wants something that's a social taboo, like BDSM, then she should ignore the issue with him, and complain to her girlfriends. All in all, I found the book to be shallow, narrow, judgmental, and coming from a place of abject superiority. Sorry, Darla. But you're certainly not better than me because I choose to work in addition to wanting to care for my home.

1 of 1 people found the following review helpful. Complaining
By brock
I love how the world famous recipe's are something my family has done for years and years. Not to mention they are sometimes the standard way of doing things. Constantly complains about Desperate Housewives! It gets quite annoying! I listened to my wife read this book and i gotta say her and I were well fed up with the complaints she made while doing the same thing she was upset about. Give me a break!

0 of 0 people found the following review helpful. A must read for housewives
By Emma Lions
Thank you Darla for such a wonderful book. I've spent the past seven years fighting my role as mum and wife and I've found this book at the right time. It's full of advice and information to help us find the joy in motherhood and being a housewife. If you are looking for help and are sick of trying to be superwoman, this book is for you.

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