

Okay Fine Whatever

The Year I Went From Being Afraid
of Everything to Only Being
Afraid of Most Things

Courtenay Hameister



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The "hilarious and poignant" story of 1 chronically anxious woman's quest to become braver by searching for the kinds of experiences she's spent her lifestyle avoiding. (Cheryl Strayed) For most of her existence (and also during her years as the host of a popular radio present), Courtenay Hameister lived in a state of near-constant dread and stress and anxiety. She also spent an afternoon in a sensory deprivation container, got (legally) high in the center of a workday, had a session with a professional cuddler, braved twenty-eight 1st dates, and (probably scariest of most) actually met somebody who might perhaps appreciate her for who she actually is. Her romantic prospects." Things like: attending a fellatio class. Her age. How likely it was that she'd get hit by a bus on the way home. Until a couple years back, when, in her mid-forties, she made a decision to fight against her debilitating anxieties by spending a calendar year doing little items that scared her--stuff that the average person might consider carrying out for a fifty percent second before making a decision: "nope. Her size. She do that. She fretted about everything. Fear, reminding us that also the littlest amount of bravery is still bravery, and that regardless of who you are, it's possible to combat complacency and become bold, or at least bold-ish, a little at the same time.Refreshing, relatable, and pee-your-pants funny, Okay Good Whatever can be Courtenay's hold-nothing-back accounts of her adventures on the front lines of Mere Human being Woman vs.



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The bravest fearful person, EVER. I simply spent a weekend immersed in Courtenay Hameister's weird, sometimes neurotic, and always hilarious brain and came through it refreshed and feeling oddly hopeful on the subject of life. What a ride! Someone has a poor case of TDS and really wants to weed out ordinary folks who don't function for NPR. It's equivalent parts cringe-worthy, lovely, snarky, and gut-wrenching. Although the actions she writes about might seem "small" out of context, she actually is such a compelling writer that you certainly feel the massive stakes her adventures and dates have for her.. Take-home point? I don't have problems with generalized anxiety disorder. Couldn't get through it all. Okay Fine Whatever, is an oasis. It's just a little matter but one which we've had more than enough of. Add this to your special event of smart funny females! Yup, you'll laugh and find out.. But nope! I binged on this thing such as a Netflix series, it was so compelling and sensible and funny and shifting. I'm grateful never to suffer the panic described here, but I don't think it's feasible to be human and not find yourself from time to time facing moments in life where you have something close to it. Haha again. Hilarious and touching This book made me laugh more than anything has in a very long time. We are still who we are, This publication can be honest, fierce, and really, really funny. I was initially so excited about this book. Among my preferred memoirs! It is just ordinary great.. So she's made a decision to spend a year trying issues that terrify her. It was touching, raw, honest, just a little crazy (like, she did things I'd NEVER do), and super inspiring. I cherished the title, the idea of it, and the cover actually grabbed me as well... In the event we didn't get the virtue-signal, she then told us how privileged she was. I have no idea if I simply didn't understand the humor or if it just wasn't funny; but the writing style just wasn't for me personally. I found a lot of it repetitive, not really interesting, and just ordinary boring. One of the very few books I haven't totally finished. I simply couldn't bring myself to complete it. This is not a brain that is comfortable with itself, or with anything actually, but it is usually laid bare, none the less, for all to observe and like and laugh with. Hameister's self-deprecating humor but I also loved the sciencey bits and her exquisite usage of language (this book reads like a tune), but I did so this time. I cherished It had been hilarious, and sad, and effectively done. Some stuff is way out there. Okay Good Whatever is funny, raunchy, clever, enlightening, and one of the very best memoirs I've read in years. Courtenay Hameister is usually one gutsy scaredy cat. She's such an excellent comedy writer she made me anticipate reading the footnotes. This is a hilarious, fun, yet wise & Her story is as referred to in the title and more. A memoir about maturing I'd heard only a few mins of Live Wire thus wasn't familiar with the author. Her self-imposed experiences are delightfully cringe-worthy and they led to her deeper understanding of mental health, physical health, body image and ultimately our ability to love ourselves. A good read. honest, fierce, and really, really funny LOVED IT The premise is easy: Courtenay Hameister is tired of letting her anxiousness run the show.. Astounding, funny, enlightening -- I really like this book! Just like the fellatio course. Well she may have the stress but she did not get the personality trait that makes you would like to keep points conflict-free. But very quickly it becomes obvious that this trip of self-discovery is really about intimacy, body picture, and acceptance. but this book is so honestly written that if you don't identify with the stories you're most likely taking too many drugs.. Her FABULOUS memoir's 300 pages are a nail biting, no keeps barred thrill ride inside a brain that hates thrill rides, and encountering barred keeps. because while a non-poc, she actually is not at risk everytime she gets in the car to take a drive. Actually the most eye-starting epiphany doesn't manifest to make us another person. I wasn't familiar with the author or her work on public radio, I just loved the concept of the book, carrying out points that scared her for a calendar year. Honest, Funny, and Charming Courtenay writes more clearly and vividly about generalized

stress and anxiety here than in virtually any publication I've ever browse. For all her talk of crippling fears and anxiety attacks, the fact that Okay, Fine, Whatever exists is a tribute to a very brave soul indeed. I truly enjoyed peeling away the layers back from this book as I go through it.. Great book We wasn't sure what this book will be like nonetheless it was so funny. Seldom do I laugh out loud while reading. However, when i started reading, I quickly recognized I shouldn't have bought it. Also, I cannot believe she couldn't obtain dates -- she's beautiful, intelligent, and delightful. Heartbreaking, Hilarious, Honest (and other terms that don't start out with the letter "H") It is best for me that Courteany Hameister is in the globe, abandoning her comfort zones and risking her sanity in order that I can sit back in air conditioning and find out about it with absolute enjoyment... As a person with chronic anxiety myself...I understand that most of us fo our best not to cause stress and anxiety or discomort for all those around us. We call it empathy. It takes merely a few pges before she actually is pushing the idea that stuff got ...UGly, she says, with the 2016 election.. where's the empathy?wonderful gratuitous slam against fifty percent the country to get us in the disposition for humor, haha. I usually read a book in a day or 2 and it's been a month because it's so hard to return and read another chapter. I planned to read this reserve over a bit of time, since it's structured in chapters that are sort of "stand alone" parts. Recommend! Change isn't immediate. Courtenay Hameister's ballsy bravery is something special to the reader — she's hilarious and honest and unashamedly sometimes incontinent, which I now increase my #lifegoals. Okay we get it. The year-plus of her lifestyle in these webpages reads just like a bildungsroman had a head-on collision with a mid-life crisis. I ended up eventually getting to web page 100, provide or have a few. Cope with it..or even listen to it ... like she will. Will somebody tell these leftists that the whole world is not interested in their political sights and that its not inclusive to insult fifty percent your visitors...and condescend to poc- before you even begin your tale? Drink from it's waters and be renewed. Really appreciate the humility. Thank goodness - the BO years are over.. Great read This is an ideal read: the stories are compelling and the writing is exceptional. I highly recommend this book. No interesting book Doesn't worth it. We're getting real sick and tired of having left-wing politics shoved in our faces every day. enlightening book. I suggestion my hat. Seeing yourself untrapped by an underlying issue must be an amazing relief Thanks for helping myself out with my very own through your story That is a hilarious yet wise book.. What's with that?



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