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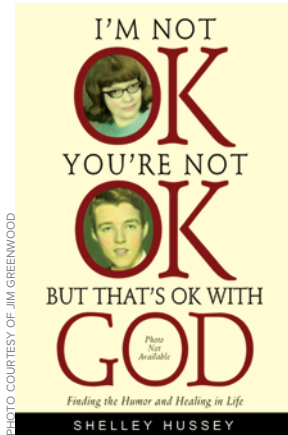


PHOTO COURTESY OF JIM GREENWOOD

## It's Time to Put the "Fun" Back Into Dys-"fun"-ctional

A metro-Atlanta author gives us light-hearted advice for finding humor and healing – allowing the “fun” to be put back into a dys-“fun”-ctional life. In her first and most recent book, **“I’m Not OK, You’re Not OK, But That’s OK with God,”** Shelley Hussey, a humorous author and speaker from Kennesaw, gives a testament to loving and laughing while living with anxiety, depression and other mental dysfunctions for many years. “In the ‘80s and early ‘90s, I observed that I was one amongst a

fair number of friends and acquaintances who appeared to exhibit undefined or ill-defined emotional problems that we would now call depression, anxiety, obsessive-compulsiveness, etc,” she says. “But back then, mental illness issues were not discussed, due to several reasons.” This, Hussey says, leads to a lack of understanding depression and an inability to communicate. She discusses dealing with shame and blame, explaining how she thought that her depression came out of her own character flaws. Hussey has written faith and values columns for her local newspaper, *Northside News*, contributed stories to several books and newsletters, and published an online column titled “Shameless Husseys.” For more information and to purchase online, visit [www.shelleyhussey.com](http://www.shelleyhussey.com).

— Erin Dillard

## A BOOK FOR EVERY BULLDAWG

Whether you are a graduate, you know a graduate or you know someone who hopes to be a graduate from the University of Georgia (UGA), we’ve got a book for you. This 144-page collector’s edition book titled **“The University of Georgia: Images and Recollections”** contains 128 beautiful photographs of student-related buildings on the UGA campus in addition to several favorite landmarks. From the famous Arch on North Campus to the newest structures on East Campus, each location has been vividly documented. Garon Hart, the author and a UGA graduate himself, also gathered recollections from other alumni to include in the book. A few notable alumni reflections include Tom Johnson, former CEO of CNN and the *LA Times*; Sonny Seiler, the Savannah attorney who owns the mascot Uga; and Jack Davis, the illustrator best known for his work in *MAD Magazine*, who sent an original drawing to use in the book. As if the book itself isn’t a gift, Hart is donating 10 percent of all profits to the Georgia Fund, the annual giving program of the University of Georgia. For more information about the hardbound publication priced at \$39.95, visit [www.oldcollegepress.com](http://www.oldcollegepress.com).

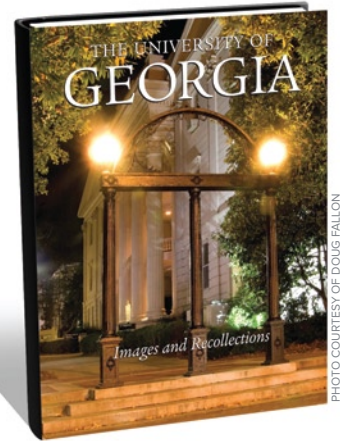


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