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When Will My Life Not Suck?: Authentic Hope for the Disillusioned

Ramon Presson PhD

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Is This as Good as It Gets? Personal crises and disappointments have led many to the pessimistic conclusion that "my life sucks." Underneath the contemporary slang are universal and timeless questions about the human condition. People of every age, in every kind of circumstance have wondered to themselves and others: Will my life ever be better than this? Is this as good as it gets? This book is an honest and compassionate look at the real struggles we face in a broken world where bad things do happen. Dr. Ramon Presson, a licensed marriage & family therapist for 30 years, describes his own significant personal struggles, including hospitalization for depression. Using the letter that Paul wrote to the Philippians from prison, Presson shares that hope and joy are possible even when life disappoints. Full of practical suggestions for how you can live with purpose and meaning right in the middle of your everyday struggles, this revised and updated edition of When Will My Life Not Suck? is a hopeful treatment of human suffering from someone who has personally lived it and counseled others through the wilderness.

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