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Healthy Shame! ...How to Spank Your Inner Monkey

Joseph W Dopp

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Healthy SHAME ...How to SPANK your inner MONKEY !

A funny HANDBOOK for fighting life controlling Temptations!



Strait Talk for a Crooked Heart! Re-Think what you Think you Think!
A Crash Course on the War for Self Control! Build your new S.W.A.T. team!
Many Modern Metaphors to help reconsider the TRUTH, that sets us FREE!
"An Honor & Embarrassment! Shame on you & Keep up the Good work!"-(Joe's Mom)
My Joy & Hope is to see trapped people set free! Read it all as Love! -Joseph W. Dopp

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Joseph W Dopp : Healthy Shame! ...How to Spank Your Inner Monkey before purchasing it in order to gage whether or not it would be worth my time, and all praised Healthy Shame! ...How to Spank Your Inner Monkey:

1 of 1 people found the following review helpful. A clever idea but with a crippling visual presentationBy Grady HarpMany people will pick up this book, or browse it on the internet because of the bizarre title- HEALTHY SHAME..HOW TO SPANK YOUR INNER MONKEY - because the usual use of the term `spanking the monkey' refers to male masturbation. Or because the strangely designed book is full of photographs of monkeys, gorillas and other forms of apes as well as people dressed as apes. Also thrown into the mix are phrases on the cover such as `Strait

talk for a crooked heart!' and 'Re-think what you think you think!', a crash course on the war for self control'. According to the only biographical data on this author, 'Joseph W. Dopp is a writer, an educator and a businessman. He has studied history, culture, science and religion for twenty years and has been helping addicts escape their traps for eighteen.' And viewing the categories that suggest the contents we find . 'This item is categorized by Society Culture , Ethical Issues Debates , Ethical Issues of Pornography Obscenity, Self-Help Personal Development, and Popular Psychology.'None of that 'introduction' defines what Joseph W. Dopp is all about here. Opening the book we are faced with one of the most bizarre creations of typesetting and presentation ever published. The words shift from unreadable small font size to bold to regular to caps mixed incongruously with small case - it is a visual mess. And that is where the humor of this book creeps in. Dopp (or his designer) seem to be mimicking various forms of the Bible and using that confusion to point out the messages contained in the copy. Dopp's irreverent style is counterpoint to his reverence for the Bible and his earnest desire to help those who have become trapped -- one way or another -- and are secretly begging to be called out of their secret slavery. Some of his ideas can be listed as follows: 'Dopp's quirky style is part tongue in cheek, part attention getter, but his message is anything but flippant. There has been a war going on since the Garden of Eden six thousand years ago when Adam and Eve first obeyed the enemy, Satan, and did the one thing that God told them not to do. This was the first instance of shame. The battles have been different ever since, but the war is the same and the shame that comes from obeying Satan has not changed either.' 'Who defines "healthy"? "In this Designer War we are cowards, kings and praying pawns! Imagine yourself free! Life is messy ...and some of it is scheduled. Don't be a Lone Cowboy fighting the Stone Temple Pirates. You will lose, Pilgrim!" So what we have here, once deciphered from the mind-boggling presentation is a lot of religious discussion pertaining to contemporary social dilemmas. Dopp appeals to us to think it through before we drown in lack of self control. Likely his thoughts have derived from his work with addicts. But he humorously shows us that in many ways we are all addicts to thought patterns that imprison us. By listening (or reading) up, he encourages us to control the temptations that control our minds, to 'spank that monkey' and be free to live a better life. If only Dopp could have written this without the distraction of typeface implosions....Grady Harp, May 120 of 0 people found the following review helpful. Interesting Premise; Discombobulating Set-Up By The Paperback Pursuer Description: A quirky Christian guide to fighting off life's most taboo temptations, as well as other lapses in self-control. Review: Idea-wise, I have to give Joseph W. Dopp credit for coming up with such an interesting way to get his (and God's) point across to readers. His unique perspective on social and religious issues pulls readers into a metaphor filled "discussion" about life, God, sin, self-control and self-worth; however, the formatting is one of the most nauseatingly confusing set-ups that I have ever witnessed! Opening up the book reveals a jaunty combination of size 8pt font fragments, bold and italicized lettering, mixed lower and uppercase letters (in the same word), quotes, fill-in-the-blanks and random usage of punctuation. His explanation on page five is as follows: "I will mix metaphors and speak in a Blend of Civil Slang Christianese; So as to Establish Humor, Teaching, Biblical Relevance Deep Convictions! I will mix in Poetic Rants, that I hope will Crescendo the point Deep into the Heart! I will use mis-use CAPS mince words to ACCENTuate ROOT concepts in words! Don't be Shallow! If the Church is an inch Deep mile Wide, Let's DEEPen the pool. Just because it's punny doesn't mean it's funny! It may just be WORTHY in it's Duplicity! I will Exclaim, Exclamatory TRUTH throughout this book... suggest THAT, I may be YELLING with the same PASSION for YOUR SOUL as John the Baptist!" This discombobulating blend of characters makes it very difficult to focus on the material being presented, as well as the words themselves. I found myself reading entire chapters and only grasping small bits of information; further hindered by the small text. Ignoring the evident formatting issues, I do believe that Dopp's experience with addiction and counseling has created a refreshing presentation and writing style, much more humorous and biblical-based than I expected. Although long-winded rants are not my favorite kinds of narratives, I can see the appeal of the non-traditional approach. The apes are a nice touch, (no spoilers). Overall, I would have enjoyed and appreciated Healthy Shame more had it seen an editor before being published. Rating: DNR (2/5)*** I received this book from the author (Bostick Communications) in exchange for an honest and unbiased review. 1 of 2 people found the following review helpful. Hilarious Take on Cultural issues. By Joe Dopp Painting This is a funny mix of metaphors and a comforting confrontation of many life issues from a spiritual, social and historical perspective.

Healthy SHAME! ...How to SPANK Your Inner MONKEY! A Funny Handbook for Life Controlling Temptations! Many Modern Metaphors to help us reconsider the TRUTH, that sets us FREE! Strait Talk for a Crooked Heart! A Crash Course on the War for Self Control! Read it all as Love! Or Shame on You, You Coward!