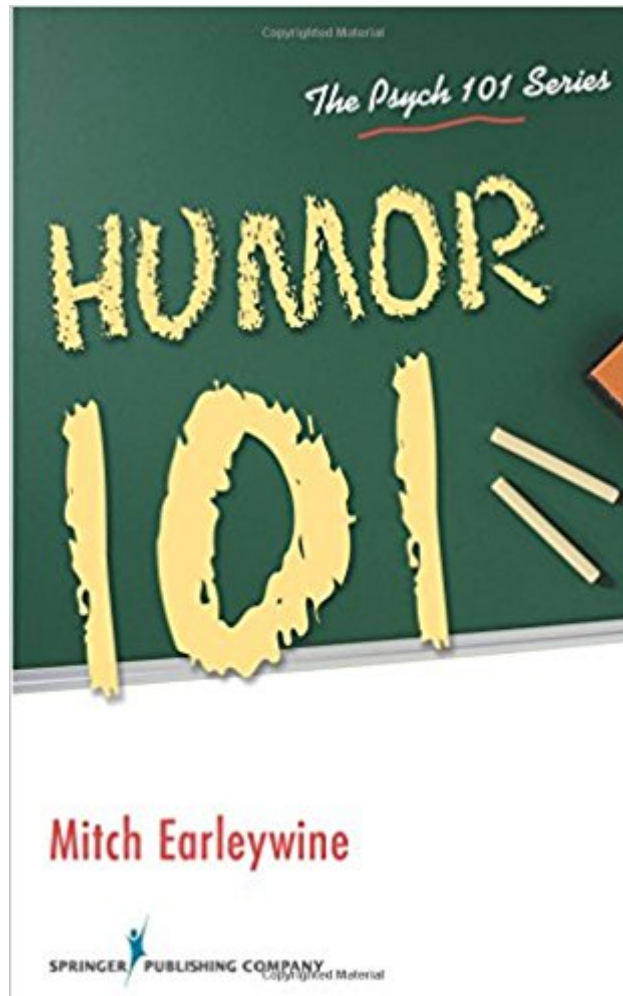




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# Humor 101 (Psych 101)



## Synopsis

Humor is complex, and the author, Mitch Earleywine, does an exceptional job of covering the big bases of humor from a research perspective in a small space with a readable content. When I first picked up this book and began reading it, I was looking for depth. What I found was an overview and at the same time a very exciting way to provide an entrance into psychology-a vehicle for students to grab hold of topics central to psychology but studied and researched in terms of modern themes, and particularly humor." --PsycCRITIQUES I've just finished reading *Humor 101* with great interest and admiration. The book combines psychological research and practicality beautifully and humorously. -- Bob Mankoff Cartoon Editor, *The New Yorker Magazine* In lucid, cheerful prose, Earleywine offers up the impossible: an explanation of humor that is as thoughtful, fascinating, and entertaining as humor itself. Elisa Albert Author of *The Book of Dahlia* and *How This Night is Different* Dr. Earleywine's witty insight on this topic will make you funny, happy, and wise. Mitch has that rare ability to clearly explain something that is mysterious as it is magical: the power of laughter. Read this book and laugh while you learn. Brett Siddell Sirius/XM Satellite Radio Personality Dr. Earleywine has written the perfect guide to understanding humor. No one else has the unique combination of witty stage time, outstanding teaching expertise, and impressive scientific background. You'll love this book. Derrick Jackson Winner, *Ultimate Laff-Down* What makes something funny? How does humor impact health and psychological well-being? How can you incorporate humor into everyday life? A concise, reader-friendly introduction to an important but often underappreciated topic in modern psychology, *Humor 101* explains the role of comedy, jokes, and wit in the sciences and discusses why they are so important to understand. Psychology professor Dr. Mitch Earleywine draws from his personal experiences in stand-up comedy to focus on how humor can regulate emotion, reduce anxiety and defuse tense situations, expose pretensions, build personal relationships, and much more. He irreverently debunks the pseudoscience on the topic of humor and leaves readers not only funnier, but better informed. The *Psych 101 Series Short*, reader-friendly introductions to cutting-edge topics in psychology. With key concepts, controversial topics, and fascinating accounts of up-to-the-minute research, *The Psych 101 Series* is a valuable resource for all students of psychology and anyone interested in the field.

## Book Information

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## Customer Reviews

""Humor is complex, and the author, Mitch Earleywine, does an exceptional job of covering the big bases of humor from a research perspective in a small space with a readable content. When I first picked up this book and began reading it, I was looking for depth. What I found was an overview and at the same time a very exciting way to provide an entrance into psychology?a vehicle for students to grab hold of topics central to psychology but studied and researched in terms of modern themes, and particularly humor.""--PsycCRITIQUES ""I've just finished reading Humor 101 with great interest and admiration. The book combines psychological research and practicality beautifully and humorously." -- Bob Mankoff Cartoon Editor, The New Yorker Magazine ""In lucid, cheerful prose, Earleywine offers up the impossible: an explanation of humor that is as thoughtful, fascinating, and entertaining as humor itself."" Elisa Albert Author of, "The Book of Dahlia"and "How This Night is Different" ""Dr. Earleywine's witty insight on this topic will make you funny, happy, and wise. Mitch has that rare ability to clearly explain something that is mysterious as it is magical: the power of laughter. Read this book and laugh while you learn."" Brett Siddell Sirius/XM Satellite Radio Personality ""Dr. Earleywine has written the perfect guide to understanding humor. No one else has the unique combination of witty stage time, outstanding teaching expertise, and impressive scientific background. You'll love this book."" Derrick Jackson Winner, Ultimate Laff-Down What makes something funny? How does humor impact health and psychological well-being? How can you incorporate humor into everyday life? A concise, reader-friendly introduction to an important but often underappreciated topic in modern psychology, " Humor 101" explains the role of comedy, jokes, and wit in the sciences and discusses why they are so important to understand. Psychology professor Dr. Mitch Earleywine draws from his personal experiences in

stand-up comedy to focus on how humor can regulate emotion, reduce anxiety and defuse tense situations, expose pretensions, build personal relationships, and much more. He irreverently debunks the pseudoscience on the topic of humor and leaves readers not only funnier, but better informed. The Psych 101 Series Short, reader-friendly introductions to cutting-edge topics in psychology. With key concepts, controversial topics, and fascinating accounts of up-to-the-minute research, "The Psych 101 Series" is a valuable resource for all students of psychology and anyone interested in the field. "

Mitch Earleywine, PhD, is an associate professor of psychology at the University at Albany (SUNY). Prior to his current appointment, Dr. Earleywine was an assistant professor of psychology (1991-1997) and an associate professor of psychology (1997-2005) at the University of Southern California, where he won numerous teaching and mentoring awards. He was also the director of clinical training at USC from 1998-2000. He received his B.A. in psychology from Columbia University (1986), his PhD from Indiana University (1990), and his post-doctoral training at the University of Mississippi Medical Center (1991). He has published over 60 peer-reviewed journal articles and three books. Dr. Earleywine has given over 70 conference presentations and has been widely quoted in mainstream media outlets such as The Economist, The San Francisco Chronicle, The Chicago Tribune, The New York Times, Los Angeles Times, USA Today, Time Magazine, Rolling Stone, and The Nation. Professor Earleywine performed stand-up comedy in Los Angeles while he was a professor at USC. He performed at The Comedy Store on Sunset Boulevard, The Ice House Comedy Club in Pasadena, the Long Beach Chuckle Hut, and took second place in the Ha Ha Comedy Club's talent competition in North Hollywood. His comedic skills in the classroom are well documented on [www.Ratemyprofessor.com](http://www.Ratemyprofessor.com). He is developing this book for a course he will begin teaching in the Fall of 2010 entitled "Talents: Humor and Creativity."

I bought this book for a college class and it's short and easy to read and understand. I would recommend this book.

I am a recent graduate of SUNY Albany, where I have taken two of Dr. Earleywine's classes. Dr. Earleywine is an exemplary professor. He is exactly the type of person you want future leaders to be educated by. His record, class size, and attendance echo that statement. What makes him so special is his ability to think on his feet, and control a room. In his classes he is the sole object of attention and of great influence to his students. His ability is not only due to his wealth of knowledge,

which many educators can claim, but also because of his ability to appropriately use humor to command the attention of students. These unique abilities make him exactly the right person to author a book on humor. In *Humor 101*, Mitch has crafted a text that walks the tight rope of being empirically informative, yet not overwhelming, while at the same time, being funny without being distracting. The key to *Humor 101* is its practicality. While it contains important research on theoretical models of humor and linking humor to personality, its greatest contribution to me as a student was the text's ability to demonstrate the power of humor applied to everyday life. A perfect example from Chapter 7 of the text: "Humor can have direct effects on physical health and psychological well-being; it can buffer folks against the slings and arrows of daily hassles. When applied with appropriate finesse, it can help in bargaining and business and marriage and friendship and dating - too bad it doesn't help long sentences." - M.E. *Humor 101* is by far Dr. Earleywine's finest work since 'Understanding Marijuana'.

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