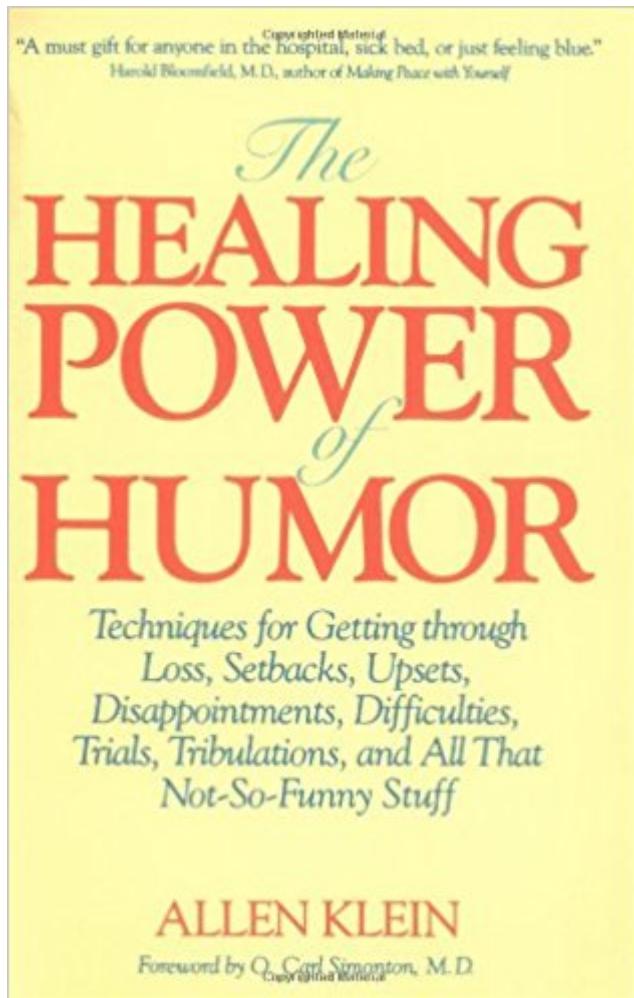


The book was found

The Healing Power Of Humor: Techniques For Getting Through Loss, Setbacks, Upsets, Disappointments, Difficulties, Trials, Tribulations, And All That Not-So-Funny Stuff





Synopsis

Provides practical advice as to the fundamental importance of humor and laughter. Steve Allen Science has proved, although we knew it all along, that humor is our best medicine. It reduces stress, promotes physical healing, is essential for mental health and can add years to one's life. But how do we learn to lighten up and take the first step toward finding the humorous side to our troubles when what we really feel like doing is crying? Allen Klein, who has successfully taught thousands to find the humor and consolations in life's tribulations, shows us how. Brimming with pointed, humorous anecdotes and learn-to-laugh techniques, *The Healing Power of Humor* combines the wisdom of the world's great spiritual teachers with the insights of famed humorists, comedians, and others to help you turn life's negatives into positives. It is the ideal book for anyone going through troubled times—whether it's the loss of a wallet, the loss of a job, a spat with one's spouse, or a stay in the hospital.

Book Information

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Customer Reviews

I wrote this book after my wife died. Her humor helped me get through the three difficult years of her terminal illness. Hundreds of people have told me how it helped them to not only deal with life-challenging issues but everyday trials and tribulations as well. It must have because the book is now in 24th printing and seventh language translation. (as of 02/01) For more, check out allenklein.com

Comedian Jerry Lewis has said that Allen Klein is "a noble and vital force watching over the human

condition." Klein is an award-winning professional speaker and best-selling author of 17 books, including *The Healing Power of Humor*, *The Courage to Laugh, Change Your Life!*: A Little Book of Big Ideas, *Inspiration for a Lifetime*, and, *Learning to Laugh When You Feel Like Crying*. Klein is also a recipient of a Lifetime Achievement Award from the Association for Applied and Therapeutic Humor, a Certified Speaking Professional designation from the National Speakers Association, a Toastmaster's Communication and Leadership Award, and, a New York City Hunter College Hall of Fame honoree.

Allen Klein is a legend in the AATH (Association for Applied and Therapeutic Humor). He is a lifetime award recipient and past president of this organization. This book is an example of his amazing contributions to the field of humor studies.

I can see why so many years after its initial publication date that this book is still popular. The information in this book is great for everything from day-to-day frustrations to things like terminal illness and death. The book offers tips or exercises at the end of each chapter to help guide the reader to employ these tactics in their day-to-day life or at the appropriate opportune moment. Additionally, the advise offered covers a broad range of humor styles which is also helpful. As I read through this book I found myself laughing at some of the concepts but knowing I would never do such things and laughing at others because I have done the activity or could easily see myself doing it. One thing I very much enjoyed was the frequent quotations from famous individuals, books, and of course comedians who have addressed similar topics at some point in their own life. That was probably my favorite part of this book. I would love to see this book updated and adapted a bit to modern culture but despite its dated presentation of the information, I believe it is still very good information at its core.

The Healing Power of Humor goes beyond the positive impact that a good laugh can have on our attitude when we're faced with a challenge. This book is a reminder that we always have a choice to behave and think in ways that will lead us out of the pain. You will chuckle as you read some of the stories, and will realize that taking challenges and problems less seriously doesn't mean you don't care about overcoming the challenges or solving the problems. Instead, it means that you open space in your mind so you can find effective and long-lasting solutions.

Writing a book report for my Psychology course and out of all the selections we were given to choose; I chose this one because of the title. Aren't I glad, I read the first sample pages presents to potential buyers and I was drawn straight into this book. I received my copy about 2 weeks ago and this is my go-to book. Great for coping with my recent setbacks. I love this book! Thanks.

This is such a powerful idea - a "natural and healthy" way to healing oneself!! The best part about it is that you can heal your mind AND body through the use of humor (with limitations, of course). Humor is incredibly healing for relationships, too. And I always believe that if you can laugh at yourself - then you can laugh with the world. Great book!!

In addition to hilarious anecdotes, the book makes an airtight case for the benefits of humor from social and scientific points of view.

Great book!

Much has been written about the healing power of laughter & this book follows this theme. A very good book on a tried & tested theory that laughter helps & heals.

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