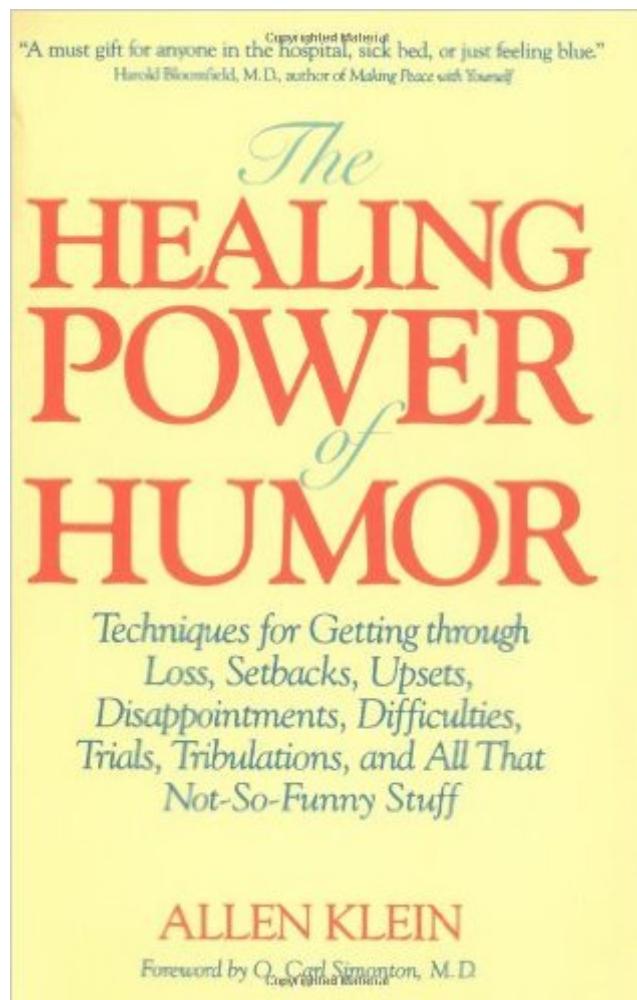


The book was found

The Healing Power Of Humor



Synopsis

Offers techniques for using humor to reduce stress and promote physical and mental healing.

Book Information

Paperback: 240 pages

Publisher: Tarcher/Putnam; 1 edition (February 1, 1989)

Language: English

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Product Dimensions: 5.5 x 0.6 x 8.5 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ See all reviewsÂ (30 customer reviews)

Best Sellers Rank: #45,754 in Books (See Top 100 in Books) #8 inÂ Books > Humor & Entertainment > Humor > Theories of Humor #68 inÂ Books > Humor & Entertainment > Humor > Self-Help & Psychology #154 inÂ Books > Health, Fitness & Dieting > Mental Health > Emotions

Customer Reviews

When a friend from college was diagnosed with a terminal brain tumor, I sent him and his family a copy of this book. Several times he and his wife told me how helpful this book was for all of them during these terrible times. It gives everyone permission to access appropriate humor to feed the spirit, and allow us to find joy in the midst of suffering and sorrow. Great and inspiring ideas and suggestions.

Educational and entertaining, this book relays convincing evidence as to the psychological and physiological benefits of humor. The author gives concrete and helpful techniques and suggestions as to how we can begin to bring more joy and laughter into our lives. Lots of humorous anecdotes and examples bring the points home. I found this book informative and motivational.

Wonderful book, which truly elevated my spirits so much that people started complimenting me about my positive attitude. Good bedtime reading. Chapters are written so that you study one "lesson" per day.

This book showed me the evidence that I need to have humor in my life on a daily basis. I have always loved humor, but until I read this book I didn't really realize the powerful effect it has on me

and my family. This book will help anyone learn how to have a more healthy, mind, body and spirit.

--Tom Antion

Since reading this book in 1994, I have used it as a reference for my life AND work. Using a warm and witty style of writing, Allen teaches us the physiological and emotional benefits of mirth. My favorite chapter title is "Strike While the Irony is Hot!" So clever!! I recommend this book to friends who are facing life challenges and to everyone who attends my workshops. On a more personal note, since embracing The Healing Power of Humor, I felt freer to add a little levity to my Aunt Alice's funeral. My family was amazingly grateful. Me too!

Prison is a harsh, lonely landscape, designed to quash hope. There is very little laughter inside the wires. While I was in prison, I was desperately lonely and depressed. I was battling advanced breast cancer and my young roommate had died from undiagnosed leukemia. When I received Allen Klein's book, I felt as if someone had thrown me a lifeline of hope. I underlined and starred and laughed. I read it over and over. This is not a dated joke book. For someone hurting, it is priceless. Wherever you are, inside prison walls or outside in the free world, grief and loss are agony and this little book will serve you well. In Arizona, inmates are only allowed to keep 10 books and 5 magazines so you can imagine a book has to be very special to hold on to it. I was released over 2 years ago. I've written my own book (The Slumber Party from Hell). Through it all, I've held on to Allen's book. It still gives me pleasure and inspires me. Thanks, Allen. I wish there were copies in every prison in America.

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.

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!!

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