

The Healing Power Of Humor Techniques For Getting Through Loss Setbacks Upsets Disappointments Difficulties Trials Tribulations And All That

Tells of how engaging to the fullest a patient's own capabilities for overcoming illness resulted in a recovery from a crippling and supposedly irreversible disease.

While books about champagne and wine abound, this particular book addresses a somewhat unusual aspect of the beverage, not as a mood-enhancing tippie, but as a remedy.

- Shares seven easily accessible spiritual “medicines”--slowing down, embodying, deepening, relating, pleasure, power, and potency--so you can discover more sensual pleasure and delight in your body, relationships, and way of being as well as inner confidence, instinctual power, and aliveness
- Presents reflections, practical somatic and breathing exercises, prompting questions, meditations, and energetic transmissions for each medicine
- Explores body awareness, managing emotions stored in the body, the five realms of relationship, the different kinds of love, sexuality, passionate intimacy, and pleasure as a source of nourishment and healing

Hidden just below the surface of ordinary day-to-day reality lies an abundance of pleasure and delight. By learning to look beyond your daily challenges, you can ease your stressed mind and body and rediscover the magic, mystery, sensuality, and joy that is possible in everyday life. Taking you step by step through a sensual journey of healing and transformation, Julia Hollenbery explores seven easily accessible spiritual “medicines” or pathways to discover more sensual pleasure and delight in your body, relationships, and way of being. Journeying through slowing, embodying, deepening, relating, pleasure, power, and potency, each medicine invites you to engage through reflections, practical somatic and breathing exercises, prompting questions, and meditations. Energetic transmissions help you reconnect body, mind, and soul in an integrated way and reclaim your innate source of pleasure. A visionary call to action to inhabit your universe of deliciousness, *The Healing Power of Pleasure* combines scientific fact with ancient spirituality, insight, humor, and poetry. This book presents an invitation to reawaken your body, realize the depth and web of relationships within which we live, and embrace the pleasure, power, and potency that arise when we look inward as well as confidently relate outward with the world around us.

"If you're looking at this book, trust your instincts," says Jim Rauth founder of the Comedy College a standup comedy school located in Milwaukee and Chicago. Jim has been teaching "Standup Comedy 101" for the last 19 years. Jim's students have appeared on HBO, Comedy Central, NBC's "Last Comic Standing", Jimmy Fallon, Conan O'Brien and more! Jim also has managed a comedy club and has produced over 600 comedy shows. "In the early years, I was producing an open mic in Chicago and in the same room we had TJ Miller, Kumail Nanjiani, Kyle Kinane, Nate Bargatze and Hanibal Burrell when they were starting their careers on a Tuesday," said Rauth. If you're looking to be funnier for the next party or you're heading for a national television gig, this workbook will get you there. It's worked for numerous Comedy College students who have made to national television shows and others who make their living doing standup. The book is an easy read and the exercises are simple to follow. It's designed to help you get your comedy act together for your first comedy performance, and then to help you keep building your comedy career.

Klein has written a poignant and easily readable guide to the grieving process based on his personal and professional experiences. The book is a wonderful companion in one's darkest hours and feels like a warm, nourishing hug from a dear and loving friend. It will soothe one's heart and warm one's soul. It has all the tools one needs to bounce back from loss of any kind.

Assesses the medical implications and uses of laughter and humor, citing numerous modern examples of the healing power of laughter and the diagnostic importance of a patient's sense of humor

In 2009 Bart Sumner's life was shattered when his 10-year-old son, David, suffered a traumatic brain injury at football practice and died in his arms. Finding a way back to the road forward in a world where mourners are told “He's in a better place” or to “Get over it” is a daunting and painful journey. He came to realize that the twenty-five plus years he spent as a performer and teacher of improvisational comedy was not only the key to his own survival, but also a powerful tool to help others mired in grief. *Healing Improv: A Journey Through Grief to Laughter* is an emotional and honest recounting of his family's trek through grief to the founding of a nonprofit that provides no-cost Comedy Improv Grief Workshops for others suffering with loss. Mr. Sumner's approach is unique in its application of improv comedy exercises to grief treatment. *Healing Improv* includes many of the improv games used at *Healing Improv* workshops so that others can also benefit from the curative, life affirming fun. Pairing these techniques with his family's powerful and touching story of survival makes this book a strong ally to those who feel lost and alone after tragedy strikes, providing comfort and hope. 10% of author proceeds go to *Healing Improv*, a non-profit charity.

Would you love to have more laughter and joy in your life? Whether you want to (1) bring more laughter into your life, (2) feel more joy and enthusiasm, or (3) enjoy bringing more smiles and happiness into the world, this book will teach you everything you need to know. Laugh out loud. This book covers an incredible variety of strategies, techniques, therapies, and lifestyle choices that can help bring more joy and laughter into your life. Life is so much more enjoyable when you actively incorporate laughter and humor into it. Don't just wait for it to happen, learn incredible techniques to actively promote laughter for yourself and others on a daily basis. Enjoy the many benefits of laughter. You know it's hard to keep a straight face in front of absolute hilarity. Use this book as a guide and spend some time around other people who are interested in more joy and humor. Feel the healing power of chortles, guffaws, giggles, and whoops of laughter while with friends or family members. There's an art - and a science - to laughter Discover a variety of

techniques and strategies to relieve stress, reduce anxiety, and thrive in a life of joy and happiness. Experience today the many benefits of laughter! Learn specific techniques you can do daily to bring an abundance of laughter into your life. What Will You Discover About Laughter Therapy? Why we laugh and the many health benefits of laughter. The magical effects of laughter on our mood. Alternative humorous practices to lighten your mood and bring a smile to your face. The many benefits of laughter yoga. Mental techniques for healing painful memories. You Will Also Learn: How to use laughter, humor, and your mental powers to relieve depression. Some classic jokes to bring a smile to your face. Some of the best foods and recipes to help boost your mood. How to tap into the infectious power of laughter daily. Go ahead, laugh out loud! Get more joy in your life: Buy It Now!

Part 2 of the funny idioms Colorful pictures and an explanation of each idiom. Children and adults will enjoy this book!

Laughter is a physiological response that activates a plethora of beneficial reactions in the body. The elation you feel when you laugh and your body relaxes and releases endorphins is a great way of offsetting the physical effects of stress. The aim of the laughter healing techniques in this book is to help you to laugh more easily through a series of warm-up exercises that are then followed by a range of activities designed to get you giggling. Laughter does not come easily to everyone, but luckily the body cannot distinguish between real and ?simulated laughter – pretend laughter has the same beneficial effect as real laughter. The practice of laughter is suitable for everyone, including elderly groups. There are many different types of laughs – light chuckles, hearty chortles, full-on belly laughs – and when starting with a fake laugh it often quickly becomes a genuine laugh. When we laugh, we are present in the moment. Paying attention to the here and now is much needed in today's frenetic society. It helps us to notice the small details as well as the bigger picture. By learning to pause in our daily swirl of activities and become fully present to whatever is happening at that moment, then we will be able to pause and laugh easily too. Laughter is mindfulness in motion. We all need to laugh more. This book shows you how.

For more than a decade, the interdenominational Fellowship of Merry Christians has been publishing The Joyful Noiseletter, an award-winning newsletter filled with church life humor by some of the world's top comedians, humorists, clowns, and cartoonists. Now, the most snicker-spurring, laughter-inciting of those comical contributions are available in four uproarious collections: Holy Humor, More Holy Humor, Holy Hilarity, and More Holy Hilarity. Featuring work by such gifted cartoonists as The Family Circus creator, Bil Keane and B.C. creator, Johnny Hart, these collections by editors Cal and Rose Samra are a virtual treasury of good, clean, inspirational humor. Within each book's pages, readers will find enough rib-tickling jokes, uplifting anecdotes, one-liners, joyful Scripture references, inspiring stories, top ten lists, clean limericks, church cartoons, real-life "uh-ohs," bulletin bloopers, misprints, and "jestimonials" from health professionals, chaplains, and patients to make them laugh from start to finish. Conveniently arranged by topic or month for easy use, each book is perfect for pastors, teachers, public speakers, and all who seek to fill our lives with God-inspired joy and holy laughter. Sure to add zest to sermons and speeches and bring much-needed joy to those who see laughter as the best medicine to help them face the challenges of life.

Be careful what you wish for. Your dream might come true. This is a humorous story about Chad Smith who had his greatest hope fulfilled but with results he could never have imagined. His ambition was to play ball in the Major League. Only one thing held him back from playing professional baseball in the majors. Through a freak accident this shortcoming is removed but the transformation leads to an unorthodox style of play. His success arouses a number of emotions in the other players, team managers and owners of the baseball teams. He is swept away into a beehive of controversy.

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.

Discusses the importance of humor in everyday life, and looks at the role of humor in education and at work

Attempts to explain why so many find humor incompatible with Christianity, stresses the importance of joyfulness, and explains how humor can help the sick and troubled

In this humorous book about using laughter more with family and in your life every day. Gail Hand shares stories of her family of upbeat characters and life in a body cast in high school that will keep you in hysterics.

This accessible book explores the therapeutic possibilities of poetry and stories, providing techniques for facilitating personally relevant and growth-enhancing sessions. The author provides ideas for writing activities that emerge from this discussion, and explains how participants can create their own poetic and narrative pieces.

Have you ever felt that you were more sensitive than you wanted to be? Has anyone ever hurt your feelings, lied or broke a promise to you? Does the concept of "heart wounds" resonate with you on any level? Have you ever felt that things just don't work out for you the way they seem to for most other people? Do you feel that life has burdened you with obstacles you can't overcome? Does this statement make sense to you? " You can't get better with the same mind that got you sick " We need new knowledge and new thoughts in order to be healed Imagine if you could learn how to eliminate things and thoughts that seemed to be blocking you from achieving a state of Happiness. Dr. Jeffrey Gurian shares in his book " Healing Your Heart, By Changing Your Mind- A Spiritual and Humorous Approach To Achieving Happiness" how he has learned through his own personal experience and through many years of study, to overcome all of the above and more. Burdened with a severe stutter well into his 20's and beyond, seemingly unable to be helped by therapy, combined with the often overwhelming confusion of A.D.D. and a bit of O.C.D. thrown into the mix, he was faced with having to deal with that burden for the rest of his life. His low self-esteem and low confidence level told him he would never have the things that other people had. He engaged in negative thinking. He felt he would never marry, have children, have a successful career or even something as simple as having his own apartment. Being "Graced" with the knowledge that there was really nothing wrong with him, he worked on basically "taking his mind apart," and examining all of his thoughts to see which of his thoughts were not valid, so he could replace them with positive thoughts" that would work for him and not against him. He used this technique to heal himself and go on to achieve all the things he feared he would never have, along the way becoming a husband, father and homeowner. He also became a Cosmetic Dentist, a Clinical Prof. at a major New York university in the Oral Medicine/Oro-Facial Pain Department, a lecturer, a comedy writer for famous stars, a comedian, an author, a radio and television personality, and a Healer. It's this journey and how he did it that he wants

to share with you The Spiritual approach, which is explained fully in the book, is that if something can work for one person it can work for every person because inherently we are all the same. We all have the same 46 chromosomes, the same brain and body parts and therefore are all capable of achieving great things in our lives. There is an abundance available in The Universe and we are all welcome to share in it. And being one of the only doctors with a longtime successful career in comedy has given him a very unique perspective, allowing him to teach you how to be "silly" and incorporate humor into your life. Understanding things like "you can't change your past, the only thing you can change is your perspective of your past, ... thereby changing your future" is key to getting the most out of this book. In this book you will learn: -How to overcome the fear that's stopping you from accomplishing your goals. -How to release the 'heart wounds' that affect every decision you make. -How to create your own "Happiness Center." -How to examine your own thoughts to discover which ones are not valid. -How to reprogram your mind and create positive thoughts through the use of affirmations. -How to incorporate ancient Spiritual wisdom into your life in order to stay centered through hard times. -How to change your cellular memory with "Verbalization" -How to stay connected to your "inner child" This book was written in hopes of helping each person who reads it learn to achieve a state of Happiness. It's out there waiting for all of us This book reached Best Seller status on Amazon on 3/27/18 in Popular Psychology and Medicine, with 65 reviews

Go from zero to funny in one book with ABC's of Stand-up Comedy. This quick-hitting guide is essential to any person interested in a career in stand-up comedy.

With the combination of Coach Melvin's Dynamic Application of Internal Awareness(tm) (DAIA) Method, Dr. Totton's 100-day method to condition your body's neural pathways to establish a new habit which then becomes automatic, and with Dr. Painter's method of committed practice of Li Family Yixingong (Standing Meditation) to produce profound results at the neurological level, novices to advanced practitioners gain the ability to access your inner core, tapping into an area that can positively affect your overall well-being, prevent stress from taking hold, and give you perpetual mental-physical rejuvenation.

Laughter was honored by the ancients as a spiritual healing tool and celebrated by the world's great religions. So why aren't we laughing along the spiritual path today? What would happen if we did? In this personal and funny look at humor as a spiritual practice, Rev. Susan Sparks---an ex-lawyer turned comedian and Baptist minister---presents a convincing case that the power of humor radiates far beyond punch lines. Whatever your faith tradition---or if you have none at all---join this veteran of the punch line and the pulpit in reclaiming the forgotten humor legacy found in thousands of years of human spiritual history. "Like music, laughter is a universal language. And Susan Sparks speaks this language like no other. [This book] weaves humor and the sacred into one beautiful work of art. If you want to blast some fresh air into your spiritual life, then by all means read this book!"---Naomi Judd, multi-platinum country music artist; actress; author, Naomi's Guide to Aging Gratefully and other books "Thank God for Susan Sparks! By immersing ourselves in her honest insights, warm encouragement, and hysterical stories, we're able to shatter the crust around our hearts that has kept us from fully experiencing the grace of life as God intended."---Peter Wallace, host and producer, Day 1; author, Living Loved: Knowing Jesus as the Lover of Your Soul "Pure joy, Lively and lighthearted examples illustrate the connection between guffawing and God. A must-read if you want to laugh, learn, and lighten up your journey on your spiritual path."---Allen Klein, author, The Courage to Laugh and The Healing Power of Humor "The definitive book about how humor and laughter have everything to do with God. You will laugh out loud, and then it will move you to quiet contemplation and awe. It has done more for me than most of the theology books I've been forced to plow through. I'm still smiling...and contemplating."---Edward L. Beck, CP, author, God Underneath: Spiritual Memoirs of a Catholic Priest; ABC News religion contributor

A My Chemical Romance appreciation zine featuring stories from fans, pictures, and collages of Gerard Way's tweets. Especially emphasized is the feminist nature of My Chemical Romance's messages.

Learn and laugh with these women of the church, bound together by a deep commitment to ministry. Over fifty clergywomen representing fourteen denominations explore their holy—and unflinchingly human—moments as they juggle the sometimes isolating expectations from their congregations and the shared realities, graces and humor of everyday life. Do you experience stress? Are you interested in better health and well-being? Do you pursue happiness? If you answered yes to any of these questions, you need to read this book. If you answered no, you're in denial. All of us can use a little help to become happier or healthier. Unfortunately, the help we get is often too scary: "if you don't do this or that, some catastrophic event of epic proportions will happen." Prilleltensky's approach, in contrast, is to help you become healthier and happier through laughter. In this hilarious book, Prilleltensky combines humor with science to help you improve your well-being. Each chapter consists of the Laughing Side, a series of funny stories; and the Learning Side, a research-based, user-friendly guide to health and happiness. The first chapter provides an overview of well-being, while subsequent chapters cover each of its six domains: Interpersonal, Community, Occupational, Physical, Psychological, and Economic (I COPPE). When you finish the book you'll have a greater understanding of your life, and ways to make it better.

HEART, HUMOR & HEALING is a delightful collection of inspiring, fun-filled and amusing quotes and anecdotes collected by Patty Wooten, the well-known and celebrated nurse humorist. These selections will promote healing in the patient as well as the caregiver.

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

A flower, sometimes known as a bloom or blossom, is the reproductive structure found in flowering plants (plants of the division Magnoliophyta, also called angiosperms). The biological function of a flower is to affect reproduction, usually by providing a mechanism for the union of sperm with eggs. Flowers may facilitate outcrossing (fusion of sperm and eggs from different individuals in a population) resulting from cross pollination or allow selfing (fusion of sperm and egg from the same flower) when self pollination occurs. Some flowers produce diaspores without fertilization (parthenocarpy). Flowers contain sporangia

and are the site where gametophytes develop. Many flowers have evolved to be attractive to animals, so as to cause them to be vectors for the transfer of pollen. After fertilization, the ovary of the flower develops into fruit containing seeds. In addition to facilitating the reproduction of flowering plants, flowers have long been admired and used by humans to bring beauty to their environment, and also as objects of romance, ritual, religion, medicine and as a source of food.

Clowns are not just the stuff of backyard children's parties anymore. These days, clown doctors see patients--especially children--to introduce humor and imagination into an anxiety-filled and painful experience. The origins of medical clowning can be traced to the Big Apple Circus Clown Care Unit at the Infants and Children's Hospital of New York, established about thirty years ago. Since that time, the practice has developed extensively and medical clowns now work in hospitals around the world. Over the past ten years, the number of scientific studies on medical clowning has increased, with findings showing the important contribution of medical clowns to children and adults suffering from mild to incurable illnesses. *Medical Clowning* is the first guide to this phenomenon, summing up decades of research, education, and practice to give readers a comprehensive look into this innovative field. Amnon Raviv analyzes the performance of medical clowns, looking at research and case studies, and goes on to propose a training and evaluation model, including hands-on exercises to train experienced clowns for work in hospitals.

Do you find fun in pun? Perhaps you are looking for a few puns on the run? Follow the characters of *Comedic Destruction in Daze and Knights* as they take you on a mind-stimulating, language-enhancing journey. Puntastic and fantastic, this book will massage your intellect, and provide your laugh muscles some 'much-kneaded' exercise via wordplay vignettes! The book is divided into several chapters. The first chapter, "Their Eyes Were Watching Job," is a collection of stories in an occupational setting or regarding a business transaction. "I Think Yet I Cram" features tales of students and teachers and, more generally, intellectual high jinks. The third chapter, "Empty Cow or Rheas: I Love My Shakes Pear," is, as you'd imagine, a collection of tales involving food; although it should be noted that these wordplays have little or no nutritional value. The final chapter, "I've Been Around: Whirled without End," features stories of characters in motion. *Daze and Knights* contains fun puns for everyone, enhanced by talented illustrator, Megan Nolton. This wild and witty work promises a few dozen laughs along the journey, as you'll discover, from cover to cover.

The Big Sick meets Dad is Fat in this funny and heartfelt New York Times bestselling memoir from writer, director, wife, and mother, Jeannie Gaffigan, as she reflects on the life-changing impact of her battle with a pear-sized brain tumor. In 2017, Jeannie's life came to a crashing halt when she was diagnosed with a life-threatening brain tumor. As the mother of 5 kids -- 6 if you include her husband -- sat in the neurosurgery department in star-covered sweats too whimsical for the seriousness of the situation, all she could think was "Am I going to die?" Thankfully, Jeannie and her family were able to survive their time of crisis, and now she is sharing her deeply personal journey through this miraculous story: the challenging conversations she had with her children; how she came to terms with feeling powerless and ferociously crabby while bedridden and unable to eat for a month; and how she ultimately learned, re-learned and re re-learned to be more present in life. With sincerity and hilarity, Jeannie invites you into her heart (and brain) during this trying time, emphasizing the importance of family, faith and humor as keys to her recovery and leading a more fulfilling life.

Dr. Brian King is a psychologist and stand-up comedian whose humor therapy seminars are attended by more than ten thousand people each year. In *The Laughing Cure*, King combines wit with medical research to reveal the benefits of laughter and humor on physical and emotional health. King's language is humorous and uplifting, and his advice is backed in science. *The Laughing Cure* features clinical studies and interviews with some of the nation's top doctors that prove that laughter lowers blood pressure, reduces stress hormones, increases muscle flexion, boosts immune systems, and triggers endorphins. It's been shown to relieve depression, to produce a general sense of wellbeing, even to make us more productive, loving, and kind. *The Laughing Cure* presents step-by-step guidance and proven techniques to embrace laughter as both medicine for current conditions and preventative medicine. This highly unique and enjoyable read explains why much-talked about, but little understood methods of therapy like those embraced by acclaimed humor doctor Patch Adams—played by Robyn Williams in a 1998 film—and laughter yoga actually work. Growing up, King wanted to be a stand-up comic; his PhD. was his backup plan. Little did he know, the impact his unique situation would put him in, the way it would allow him to help others. Very few doctors have the ability to heal the way that King does; his method is cheap, easy, chemical-free—even fun. With *The Laughing Cure*, readers will learn how—and why—laughter saves lives.

A Philosopher Looks at The Sense of Humor by Richard C. Richards is intended as a starting point for a philosophical discussion. A colleague once said that Richards writes about humor in a humorous way. He said there are serious books about humor, and humorous books, but a combination of the two occurs rarely. In this tour of the wide, wonderful world of the humorous, he touches upon such issues as what causes a sense of humor, whether it can be taught, what its value may be, how it is connected with happiness, and whether it should be placed on the endangered species list. He out of necessity explores the habitat of the amusing, the entertaining, and the comedic. There is considerable laughter in the world, and a more than abundant supply of things to laugh at. But since laughter and humor are only partially and not essentially connected, this may end up being a eulogy for the death of humor. Perhaps this book will cause it. We can only hope. This book may also be useful as a textbook in a classroom setting.

What do Jon Stewart, Freddy Krueger, Patch Adams, and George W. Bush have in common? As Paul Lewis shows in *Cracking Up*, they are all among the ranks of joke tellers who aim to do much more than simply amuse. Exploring topics that range from the sadistic mockery of Abu Ghraib prison guards to New Age platitudes about the healing power of laughter, from jokes used to ridicule the possibility of global climate change to the heartwarming performances of hospital clowns, Lewis demonstrates that over the past thirty years American humor has become increasingly purposeful and embattled. Navigating this contentious world of controversial, manipulative, and disturbing laughter, *Cracking Up* argues that the good news about American humor in our time—that it is delightful, relaxing, and distracting—is also the bad news. In a culture that both enjoys and quarrels about jokes, humor expresses our most nurturing and hurtful impulses, informs and misinforms us, and exposes as well as covers up the shortcomings of our leaders. Wondering what's so funny about a culture determined to laugh at problems it prefers not to face, Lewis reveals connections between such seemingly unrelated jokers as Norman Cousins, Hannibal Lecter, Rush Limbaugh, Garry Trudeau, Jay Leno, Ronald Reagan, Beavis and Butt-Head, and Bill Clinton. The result is a surprising, alarming, and at times hilarious argument that will appeal to anyone interested in the ways humor is changing our cultural and political landscapes.

CD-ROM contains the text of the book in portable document format, and the Adobe Acrobat software required to view it.

Provides advice from comics, celebrities, and politicians on how to use humor more effectively in everyday life, and includes the basics of comedy, political correctness, strategies to avoid potential pitfalls, and exercises to build humor skills.

Insisting that we are humour beings, this celebration of the healing power of laughter provides detailed instructions on finding humour in everyday life and becoming joyful. The

health benefits of laughter, the business application of humour, and the role of fun in family life are discussed, driven by the contention that human beings are predisposed to delight. The tenets of the 'fun factor' attitude are presented, including having fun above all, always going the extra smile, laughing at oneself first, and listening carefully for the punch line.

Discusses the healing power of humor, finding a humorous perspective for a range of situations, and using humor to express compassion and enhance caregiving skills

Considering a vasectomy? Know someone who is? Sometimes a sense of humor is the best medicine. Written like a children's book - with funny pictures, rhyming stanzas and all - this book gives a tongue-in-cheek look at what to expect as you approach your vasectomy. Funny, straightforward, and honest - this book tells you what to expect so you won't be expecting anytime soon.

There's nothing funny about dying ... or is there? Malachy McCourt, Jacquelyn Mitchard, and 22 more share hilarious and moving stories of confronting death. Exit Laughing makes death more approachable as it reveals the funny side of "passing on." As painful as it is to lose a loved one, Exit Laughing shows us that in times of grief, humor can help us with coping and even healing. Best-selling author Amy Ferris explains how her mother's dementia led to a permanent ban from an airline. Ellen Sussman writes of flying her mother's body home and watching the burial wardrobe spill out on the baggage carousel. Broadway and television actor Richard McKenzie shares the riotous story of a funeral procession led by a lost hearse. Bonnie Garvin even manages to find a heavy dose of dark humor in her parents' three unsuccessful attempts at a double suicide. These stories, along with tales from Joshua Braff, Barbara Graham, Dianne Rinehart, and more, constitute a book whose purpose is to remind readers that when dealing with illness, aging, and dying, there is an important place for laugh-out-loud humor. From the Trade Paperback edition.

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