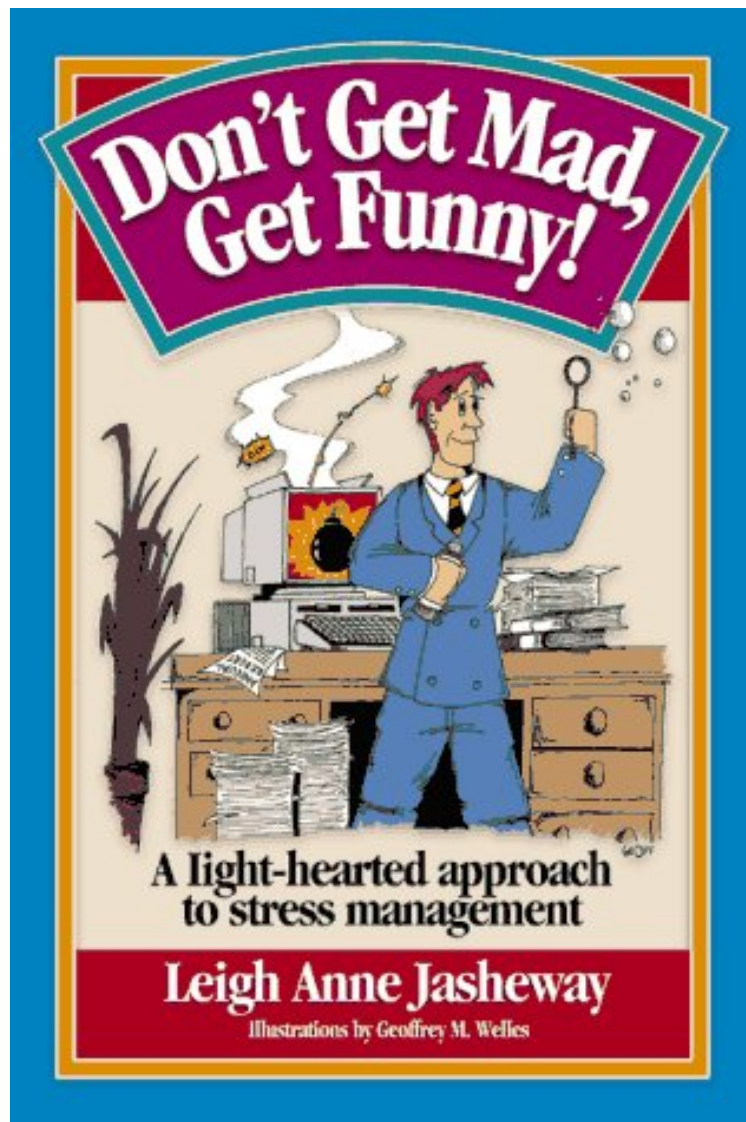


(Library ebook) Don't Get Mad, Get Funny! A Light-Hearted Approach to Stress Management

Don't Get Mad, Get Funny! A Light-Hearted Approach to Stress Management

Leigh Anne Jasheway

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Leigh Anne Jasheway : Don't Get Mad, Get Funny! A Light-Hearted Approach to Stress Management before purchasing it in order to gauge whether or not it would be worth my time, and all praised Don't Get Mad, Get Funny! A Light-Hearted Approach to Stress Management:

0 of 0 people found the following review helpful. Few LaughsBy Jim RogersI expected a book of laughs -- and there were a few. It is a book for those who are really stressed out. I'm not.11 of 11 people found the following review

helpful. Fun and Practical By A Customer As a stand-up comic and a person who uses humor in my "real-world" jobs, I found Ms. Jasheway's book to be a fun and practical approach to reducing stress in the workplace. So many people these days complain about the amount of stress in their lives but think the only things they can do to relieve it is to reduce their coffee intake and start working-out. They feel they have to listen to tapes with subliminal messages or practice yoga. Yet nothing reduces the amount of tension we are carrying around like a good laugh. Some people feel that humor has no place on the job, that it means you're goofing off and not working, and yet, as Ms. Jasheway explains, humor frees the mind and body to better do the jobs we have at hand. And unlike so many of the silly tools we are given at work in seminars or workshops, these are skills and tools that we can use anywhere to relieve stress and promote creativity. I highly recommend this book to anybody willing to lighten up a little and have more fun in their lives, both on the job and at home. 11 of 11 people found the following review helpful. Nothing New By A Customer This book is 116 pages with a lot of wasted space. Lots of empty pages and illustrations so not much actual information given. We all know that humor helps to reduce stress. I was looking for more practical information I guess. I mean it's O.K. but I didn't really learn anything new here. Sorry

A light-hearted approach to stress management What's the easiest, most practical, and most affordable way to cope with stress? Respond to stress-filled days with the transforming power of laughter. Leigh Anne says, Although it doesn't feel like it, when you're late to a meeting because the dog swallowed your keys, you make a choice about how that situation will affect the rest of your day. You may beat yourself [up] for being undependable, banish the dog to the backyard for a week, take out your hostility on everyone at work, or simply apologize for your tardiness by announcing, "A funny thing happened to me on the way to work..." Throughout your day, whenever something unpleasant or unexpected happens, you make a choice how you will respond. The purpose of this book is to help you to see the "humor choice" and practice it every day. Use this resource to enhance your stress management seminars as you add punch to your presentations and engage your listeners through the power of laughter, or recommend it to your clients and participants. Table of Contents Help! I'm under so much stress, my inner child wants to be adopted! Last time I went to the doctor, the blood pressure cuff exploded Nyuk, nyuk, nyuk: What the three stooges knew about the benefits of humor Finding your funny bone That's a plan, Stan! Your humor tools: simple steps Humor tools: advanced lessons Help! I can't remember all this stuff! Additional resources on the positive benefits of laughter What others are saying: Leigh Anne Jasheway proves that comedy is accessible, necessary, and much too important to be left in the hands of "professionals". If the people who could most benefit from reading this book fail to see the necessity of doing so, then it's up to the rest of us to buy it. CAVEAT: Do not read this book after you stub your toe; read it beforehand. Frankly Don't Get Mad, Get Funny! could make the world a safer place. Brett Butler, star of Grace Under Fire Since I believe that laughter IS the best medicine, and that if you laugh the world WILL laugh with you, how could I NOT like a book that promotes humor as a survival skill? It's hard to teach people how to have a sense of humor, but Leigh Ann shows us that it is possible. Jan Eliot, creator of the comic strip Stone Soup This playful, practical powerful book will help you to manage stress...before it mismanages you. Don't get mad...get this book. Dr. Joel Goodman, Director, The HUMOR Project

Leigh Anne Jasheway proves that comedy is accessible, necessary, and much too important to be left in the hands of "professionals." If the people who could most benefit from reading this book fail to see the necessity of doing so, then it's up to the rest of us to buy it. CAVEAT: Do not read this book after you stub your toe; read it beforehand. Frankly, Don't Get Mad, Get Funny! could make the world a safer place. --Brett Butler, star of Grace Under Fire About the Author As a stress management expert, humor writer, and stand-up comic, Leigh Anne Jasheway has helped thousands of people learn how to manage stress by choosing to respond with humor instead of anger.