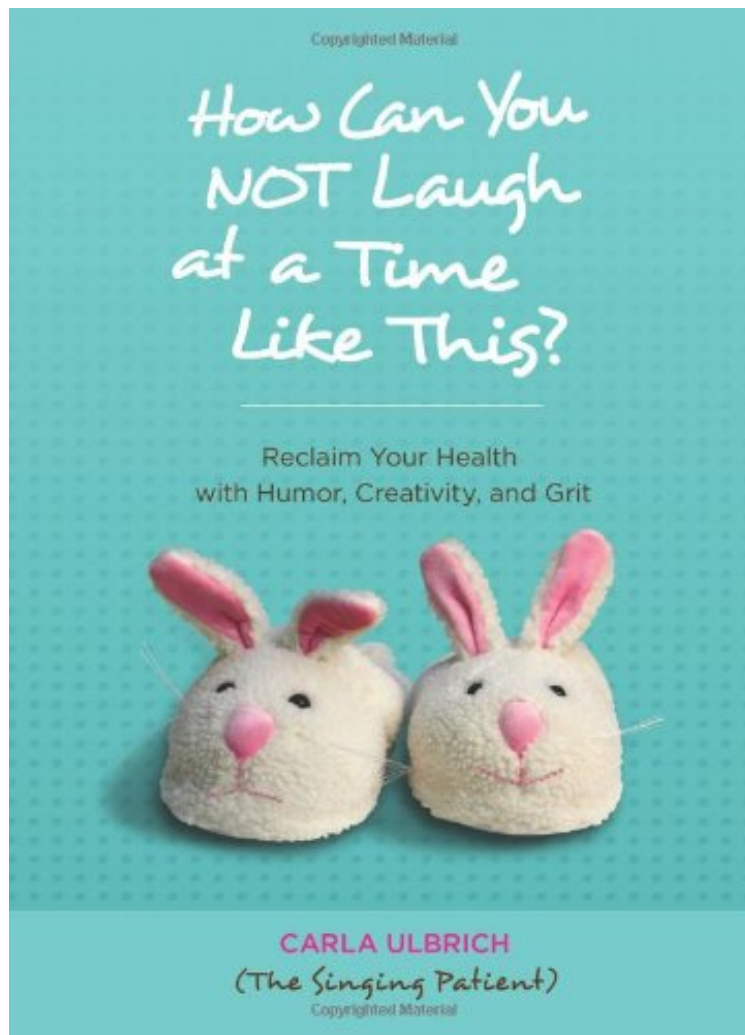


[Mobile pdf] How Can You NOT Laugh at a Time Like This?: Reclaim Your Health with Humor, Creativity, and Grit

How Can You NOT Laugh at a Time Like This?: Reclaim Your Health with Humor, Creativity, and Grit

Carla Ulbrich

ebooks | Download PDF | *ePub | DOC | audiobook



DOWNLOAD



READ ONLINE

#807112 in Books Ulbrich Carla 2011-02-01Original language:EnglishPDF # 1 7.04 x .57 x 5.10l, .56 #File Name: 0981645348240 pagesHow Can You Not Laugh at a Time Like This Reclaim Your Health with Humor Creativity and Grit | File size: 47.Mb

Carla Ulbrich : How Can You NOT Laugh at a Time Like This?: Reclaim Your Health with Humor, Creativity, and Grit before purchasing it in order to gage whether or not it would be worth my time, and all praised How Can You NOT Laugh at a Time Like This?: Reclaim Your Health with Humor, Creativity, and Grit:

3 of 3 people found the following review helpful. Enlightening Motivating!By Marijo HerndonI found Carla Ulbrich on Facebook and thought she was just funny but after reading her book, I realize that she's a whole lot more than that.

Her short essays are filled with a thoughtful wisdom that only comes from living with a chronic illness. She lightens the subject matter with her quirky humor and offers sage advice for anyone dealing with any kind of illness or life struggle. She inspires you to eat right, pace yourself, and most of all be kind to yourself. The only problem I have with her book is that it's not longer! She left me wanting more and I hope she continues to author books because I want to hear more of what she has to say.

1 of 1 people found the following review helpful. A breath of fresh air
By JOY S SMITH
Living with SLE...amongst other ailments... I always find books with the "poor me... I'm gonna die" feel to it.. This book is so refreshing and uplifting... Carla makes you laugh and it sticks with you...so the next time you ...say... can't get off the toilet... you will find yourself smiling and singing along with her... lol... I am passing this book on to my parents.

2 of 2 people found the following review helpful. Every patient AND every health care provider should read this book
By Rodney E. Daly
I believe EVERY patient AND EVERY health care provider should read this book. It is thoughtful, insightful, educational and hilarious! I have been a nurse for 20 years and this book still opened my eyes to a way of seeing my patients differently. I thrive to be a better nurse everyday and hopefully this book has made me better, I don't know how it couldn't. Thank you Carla for sharing your thoughts, wisdom and humor with the world!

Having a sense of humor is essential to health, says singer-songwriter Carla Ulbrich, who has found laughter to be a lifesaver during tough times. Under the stress of multiple illnesses and constant health "care," Ulbrich one day snapped and became the Singing Patient. She channeled her hard won victories, set about reclaiming her health, and penned *How Can You NOT Laugh at a Time Like This?*, a collection of short, inspiring, funny essays that help people thrive and celebrate life despite illness. As Ulbrich spins her tale (and shares some songs), she lampoons common fears and prejudices about illness and lovingly lambastes the foibles of the medical industry. She offers heartfelt and humorous advice for navigating mainstream and alternative therapies, and she guides partners, families, and friends who wish to help their loved ones. Her candid insights, wisecracking commentary, handy lists, hilarious song lyrics, and gentle camaraderie will put a smile on the face of anyone who wants to face illness with courage and humor.

"While writing a great book on how to recover from illness, Carla Ulbrich wrote an even better book on how to live a healthy and fulfilling life. No doubt, you have a good doctor if you see *How Can You NOT Laugh at a Time Like This?* in their waiting room." --Michael Stock, WLRN Radio "*How Can You NOT Laugh at a Time Like This?* is outstanding....Carla is your guide to navigate the emotionally and technically confusing world of illness with heart, humor, and bite-size chapters. Everyone needs a patient advocate-and now you have one, with this book." --Robert Aubrey Davis Mary Sue Twohy, "The Village," Sirius/XM Radio "As a doctor, Patch Adams brought to mainstream America the concept of a caring, compassionate, and fun medical staff making a profound difference in the healing of their patients. Now we've been given the gift to hear about it from the patient's perspective. Carla Ulbrich is living proof that bringing fun, play, creativity, and laughter to the healing process does wonders for the mind, body, and spirit. Carla's uncanny wit is infectious-and that's an infection we can all benefit from!" --Danny Donuts, CPA (Comic Performance Artist) and member of the Association for Applied and Therapeutic Humor "I was completely taken with [Carla Ulbrich's] amazing outlook on life, her tenacity, and her passion.... Carla talks to you honestly, on every level, in her book. She also does it with a fantastic sense of humor." --LuckyYogini.com

About the Author
Comic singer-songwriter Carla Ulbrich has taken her music and love of wordplay all over the United States and England. She has appeared on USA TV, the BBC, Dr. Demento, The Bob and Sherrie Show, and Sirius XM Radio. She has recorded five CDs. Ulbrich grew up in Clemson, South Carolina, and now lives in New Jersey.