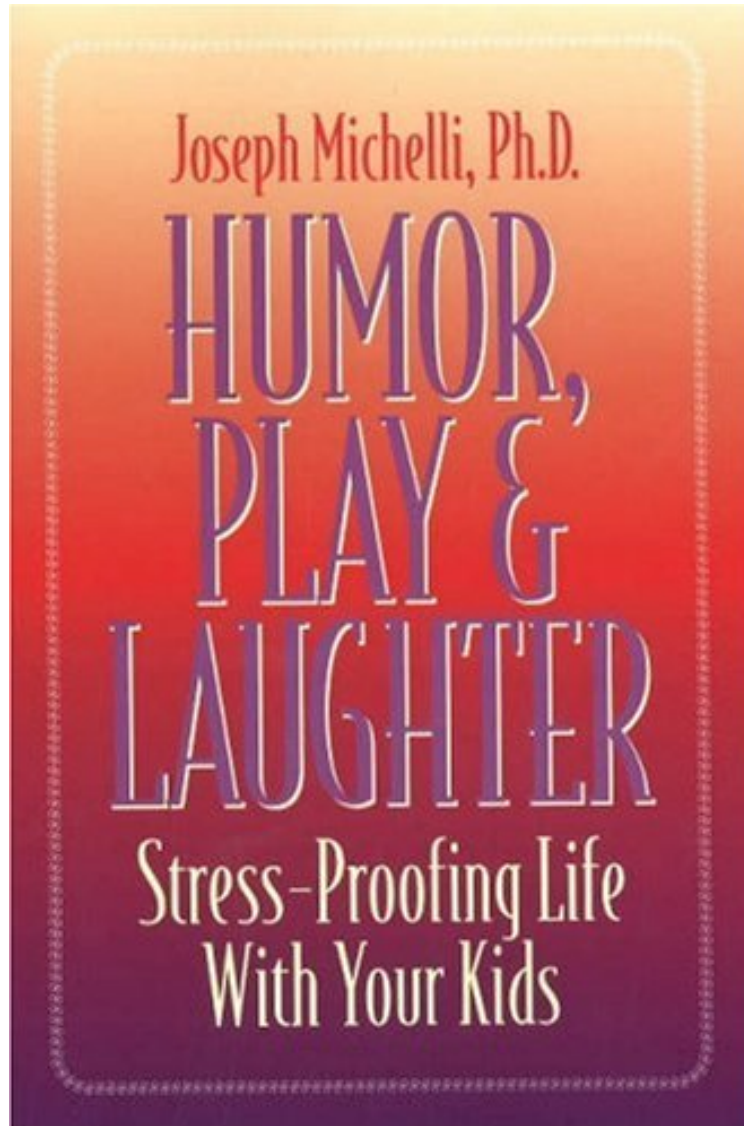


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Humor, Play and Laughter: Stress-Proofing Life With Your Kids

Joseph Michelli Ph.D.

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Joseph Michelli Ph.D. : Humor, Play and Laughter: Stress-Proofing Life With Your Kids before purchasing it in order to gage whether or not it would be worth my time, and all praised Humor, Play and Laughter: Stress-Proofing Life With Your Kids:

1 of 3 people found the following review helpful. One For the Recycle BinBy PMcEnroeThis book was not what I expected. I was expecting a book that would teach me more effective communication strategies in dealing with my kids. Instead I got a book that spends a huge amount of time explaining why humor is important for kids and offering

silly exercises to do with your kids. First of all, I know humor is good for kids. It diffuses stressful situations and helps them socially. Obviously people prefer to be around someone who can tell a good joke. I know this and that's why I bought the book in the first place. I didn't need half the book convincing me of this. The book is full of exercises to do with your kids. My kids would have definitely laughed, then walked away thinking I had lost my mind. For example, one of the exercises is to watch, with your kid, a TV sitcom that you think has inappropriate humor. Then you discuss the show by switching places and interpreting it from the other person's perspective. I have no idea how this is supposed to teach me humor. All of the exercises are like this and some even sillier. There is one chapter in the book where I got a useful tip. It suggests a trick where you basically say "It could have been worse." This is a concrete, reusable statement that a serious minded person can use to lighten the weight of a stressful situation. So if my daughter comes home from school upset because the teacher moved her desk for talking, normally I would want to say, "That's what you get for talking. Learn from it." She would probably stomp off in a huff. Instead I could say, "At least he didn't put tape over your mouth" or "At least he didn't make you sit in the corner with a tall, pointy hat on your head." This is a strategy to make me more funny with my kid. I wanted a book that would show me how to trick my kids into thinking I'm funny. This is not the book.

4 of 5 people found the following review helpful. A Highly Entertaining Read!!! By DreamKona@aol.com Though childless, I found Dr. Joseph Michelli's book "Humor, Play Laughter" a highly entertaining read. I was particularly impressed with the "Activities" sections, which lacked the boring exercises found in other such books, replacing them with humor and joy. Dr. Michelli possesses a fantastic sense of humor and fun - and nowhere does this stand out more than in the Chapters themselves. His treatment and respect for children as little people was very moving. The book kept me rolling. A reading MUST for caring parents, and those working with children.

5 of 5 people found the following review helpful. It is fun to read! By jcarr@hiv.hjf.org I am really enjoying this book. I discovered earlier this year that structuring situations for the family that are intrinsically hilarious was a wonderful experience for us. We had our Xmas picture taken this year with our dog and all had hairbands with antlers attached (including the dog). It was hoot from start to finish. This book has lots of ideas about stuff like that to do - in my opinion that is the best part of the book - as opposed to the advice part, which is less interesting and more like the typical self-help book.

Parenting does not have to be a stressful experience. In fact, parents who lighten up and laugh with their families can be more productive by using humor to ease conflict, deflect hostility, and create a feeling of well-being in the household. Readers will benefit from the author's many everyday examples of how a humorous approach can greatly improve family life.

About the Author Joseph A. Michelli, Ph.D., is a radio psychologist, lecturer, author and college professor. His nationally syndicated radio talk show, *Wishing You Well*, continues its long run on the Business News Network. Dr. Michelli believes his greatest accomplishment is his ability to learn from the laughter and humor of his two children, Andrew and Fiona.