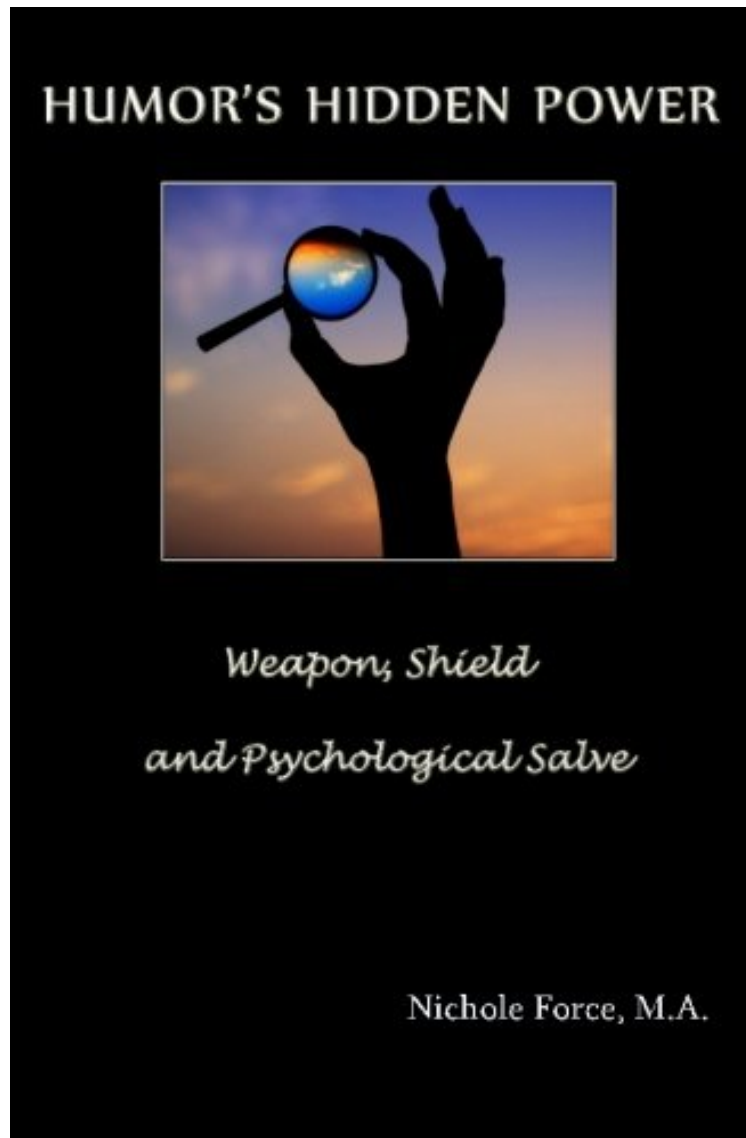


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## Humor's Hidden Power: Weapon, Shield and Psychological Salve

*Nichole Force*

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**Nichole Force : Humor's Hidden Power: Weapon, Shield and Psychological Salve** before purchasing it in order to gage whether or not it would be worth my time, and all praised Humor's Hidden Power: Weapon, Shield and Psychological Salve:

5 of 5 people found the following review helpful. Great book on a fascinating topicBy Beverly ClarkI found this to be a fascinating read.The power of humor in healing has been a topic that has interested me for years. I was surprised and pleased to find this book on that very topic.The author obviously did a good amount of research on the topic and

organized the material well in this book. I appreciated the list of movies, books and quotes that were included and found the list to be a nice bonus. 2 of 2 people found the following review helpful. Spirit lifter for anyone. By Customer I have not finished reading this book, because of the several others I've been privileged to receive on my Kindle. However, as a grandmother, who has helped raise several children, and even some of THEIR children, I can testify that this book contains some very good ideas for getting past those really difficult times in family relationships. I wish I had known more of these ideas when I was raising my young. Age doesn't always bring calm and wisdom when dealing with youth, especially these days. Humor really can help bridge those "troubled waters" more easily. Thank you for this great book. Mrs. MacTeacher. (Carolyn McElrath) 5 of 5 people found the following review helpful. Absolutely fascinating--a must-read! By Meghan We already know the transformative power of humor in our lives, but perhaps no one has written about it as comprehensively as Nichole Force in her book, 'Humor's Hidden Power.' Finally, here's something that really nails it as far as humor is concerned—how you can use it for self-healing, and even as a “protection”. While you can probably find bits and pieces of information on humor's role in human life, Nichole's book provides a single treatment that makes absolute sense. Maybe the most life-changing thing I've learned from this fascinating book is how humor actually changes us—in the physiological and psychological levels—for the better. What's more, the author has gathered a compelling collection of real-life stories of how others throughout history used humor to find meaning—indeed, as one good quote in the book drives it home, “the source of humor is sorrow.” Let me suffice it to say that I believe this is an absolutely important book—something that will inform our impulse to laugh from here on. This book makes you realize the value of humor, how it works, and what you can do to have its constant presence in your life. Get a copy of this book today—I don't really have to mention that this book can also make a great gift to all the people you love, but there it is. A solid five-star rating for this groundbreaking work.

It is often said that "laughter is the best medicine," but this aphorism only hints at the power inherent in humor. "Humor's Hidden Power" reveals how humor has been utilized as a tool to overcome overwhelming circumstances throughout history, how laughter changes brain chemistry and functioning, how the genders use humor differently, and the ways in which comedians have used humor to heal themselves and others through the ages (from court jesters to Stephen Colbert). "Humor's Hidden Power" consolidates and clarifies much of what has already been written, reveals what has been newly reported in the fields of neuroscience and humor studies, and provides recommendations for the targeted use of humor to combat the most common sources of suffering. [Cover photo by Abdulhamid Al Fadhly]

"'Humor's Hidden Power' is a significant contribution to the existing literature on the healthful benefits of humor. Backing her claims with solid scientific research, Nichole Force makes a serious case that laughter really is the best medicine." ~Dr. Michael Pariser, Psy.D. Psychologist and Psychoanalyst, Los Angeles, CA "An intensely engaging and fascinating examination of the vital role humor plays in health and happiness." ~Joe Dea, Emmy Award-Winning Director "Humor's Hidden Power' is an informative, intriguing and thoroughly enlightening book. A must-read for all who love humor, and those who have yet to discover its joys and rewards." ~Victor Schulte, Los Angeles Deputy City Attorney About the Author Nichole Force has a Master's Degree in Counseling Psychology from Loyola Marymount University, she studied improvisational comedy at the world famous Groundlings Theater in Los Angeles and sketch comedy at the ACME Comedy Theater in Hollywood. Nichole is a Los Angeles-based freelance writer.