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I'd Rather Laugh: How to Be Happy Even When Life Has Other Plans for You

Linda Richman

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I'd rather laugh

*How to Be Happy Even When Life
Has Other Plans for You*

Linda Richman

Foreword by

Rosie O'Donnell

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Linda Richman : I'd Rather Laugh: How to Be Happy Even When Life Has Other Plans for You before purchasing it in order to gauge whether or not it would be worth my time, and all praised I'd Rather Laugh: How to Be Happy Even When Life Has Other Plans for You:

0 of 0 people found the following review helpful. Amazing book! UpliftingBy LauraAmazing book! Uplifting, inspirational, comforting, practical advice. Ms. Richman should have been a psychologist. I've reread this book so many times over the years - - and purchased several copies for friends in need. A must-read for anyone who is grieving or depressed or just in need of a pick-me-up. I highly recommend!1 of 1 people found the following review helpful. I'D RATHER LAUGH NOW MORE THAN BEFOREBy A Customeri just read an unfavorable review of this remarkable book and frankly i'm shocked..never before have we needed to learn to laugh in the face of tragedy..i've read I'D RATHER LAUGH 3x now and i seem to get so much more of out of it every time i read it. Is linda's life any worse than others..... some yes, some no. its not a contest.. it's how one handles the tragedies that befall us and this alone is worth the price of the book.i have been to a lecture given by linda here in arizona and when i left i felt better... i felt i finally found someone who understood how life can beat you up and you can continue to go forward.. as for blaming her mother, i got the sense that her mother was difficult but i never felt linda did anything but show great compassion and understanding for this woman. i know for myself, to look at the past and understand what made you the person you are is invaluable. this is what linda has done and done well. as is said.... a life unexamined is not worth living.in the times we live in right now, i urge you all to read this book.. its filled with what we need most at this present time... HOPE AND FAITH that we can overcome anything.16 of 16 people found the following review helpful. i'd rather laugh if i couldBy A Customeri just finished reading this and i'm exhausted from laughing and crying. lindas wit and wisdom have lifted my own spirits. i just loved this book.. shes funny, smart, witty and has lived through what most of us have lived through and much more. she seems to be able to talk to you as you would to a best friend.. i admire her strength, vulnerability and courage but most of all i loved her honesty. she exposes a heart that has been broken and repaired many times.. her life lessons are a real inspiration. i recommend this book to all of those who have suffered losses of any kind. people who have lost anyone can relate to this book. anyone who has lost a dream will relate to this.. we all hope our lives turn out a certain way and when it doesn't we're disappointed... this book shows us how to return to joy and laughter with some practical help.. nothing airy fairy here. i thank linda for writing this book .

The self-described "typical Jewish girl from Long Island" and the most popular speaker at the world-renowned Canyon Ranch Spa presents a tears and laughter guidebook to help readers withstand life's hard knocks. Richman--the basis of the "Saturday Night Live" "Coffee Talk" character developed by her son-in-law, Mike Myers--makes it her mission to get everyone to shake off the blues and make their way back into the world.

.com Remember "Coffee Talk," the Saturday Night Live skit with the Barbara Streisand-loving, constantly verklempt character portrayed by Mike Myers, who encouraged listeners to "talk amongst themselves"? Linda Richman was the inspiration for her. (Myers is her son-in-law; a sharp sense of humor apparently runs in the family.) Like the "Coffee Talk" lady, Richman teaches people how to handle suffering through laughter. She's so good at it that she teaches a seminar on the topic at the posh Canyon Ranch Health Resort in Arizona. But she speaks from some harrowing experiences. Several friends and relatives have battled cancer. Her 29-year-old son died in a car crash. Her depressed, institutionalized mother died a few days later after falling into a coma (her final words to her daughter: "Linda, you got fat"). In case you're thinking, "Sheesh, how depressing, who wants to read about that stuff?" think again. Her friend Rosie O'Donnell, who wrote the foreword, raves about "Linda-isms." Richman is a modern-day Norman Cousins, but she talks like your best friend--a very witty, resilient friend--offering an inspiring tribute to the power of humor. (Or is it denial?) Heck, what difference does it make, when Richman's "pity party" has you laughing and crying so hard simultaneously?From Publishers WeeklyBest known as the mother-in-law of comedian Mike Myers and the inspiration for his "Coffee Talk" character on Saturday Night Live, Richman plays it for real in this rambling autobiographical summary of her spiritual journey (through psychotherapy, psychics and a trip to the Holy Land) after she was unhinged by the death of her son, Jordan, at age 29, in a car accident. Richman has had more than her share of hard knocks: her father died when she was eight and her husband had a gambling habit, leading her to become an agoraphobic, unable to leave her home for 11 years. Delivered in a flat, New York tone, Richman, now a lecturer at the posh Canyon Ranch spa (and prone to name-dropping), stresses the importance of making time for fun in one's life ("Fun is better than no fun"). However, she also emphasizes that it's important to accept and embrace the bad. When sadness becomes overwhelming, Richman recommends a two-day, in-bed "pity party." Practical, poignant and funny, this selection leaves listeners feeling as though they have spent an afternoon with a bossy, albeit well-meaning friend. Simultaneous release with the Warner hardcover (Forecasts, Jan. 1). Copyright 2001 Cahners Business Information, Inc.From Library JournalRichman, mother-in-law of comedian Mike Myers and lecturer at the Canyon Ranch spa in Arizona, comes across as an acquaintance you can only take in small doses. She has indeed had a tough life: she lost her father at age eight and her mother to hospitalization shortly thereafter; her husband was a compulsive gambler, and her son died in a car accident. However, after a few chapters, it starts to sound as if she is making excuses for her own behavior. The writing is disjointed, rambling, and raging, and it reads as if she wrote this for a personal cleansing, relieving and reliving her shock and anger. Despite the title, the emotions are still near the surface and raw. All in all,

she has three ideas worth investigating: a pity party, where you allow yourself to grieve; the skill of "catastrophizing"; and listening to your own "red flags" of impending depression. "Do you need a book to tell you this?" she asks. This reader says no. However, she'll be a hit on talk shows, and therefore public libraries will get requests.-DSusan E. Burdick, MLS, Reading, PA Copyright 2001 Reed Business Information, Inc.