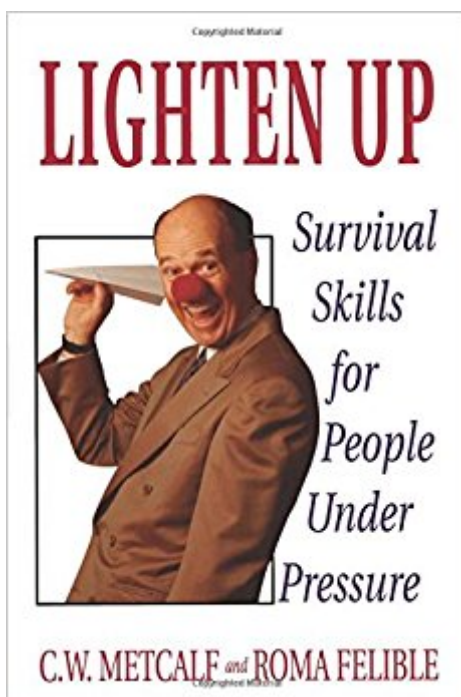


The book was found

Lighten Up: Survival Skills For People Under Pressure



Synopsis

Humor can help you thrive in change, remain creative under pressure, work more effectively, play more enthusiastically, and stay healthier in the process. But humor is also a set of specific, learned skills, and like any other discipline, these skills need to be developed. *Lighten Up* shows you how to build these skills so that you can see the absurdity in difficult situations and take yourself lightly while you take your job, problem, or challenge seriously.

Book Information

Paperback: 304 pages

Publisher: Basic Books (May 21, 1993)

Language: English

ISBN-10: 0201622394

ISBN-13: 978-0201622393

Product Dimensions: 5.5 x 0.7 x 8.3 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (7 customer reviews)

Best Sellers Rank: #1,143,236 in Books (See Top 100 in Books) #115 in Â Books > Humor & Entertainment > Humor > Theories of Humor #1115 in Â Books > Humor & Entertainment > Humor > Self-Help & Psychology #2721 in Â Books > Self-Help > Stress Management

Customer Reviews

I am buying this book because I went to a CW lecture/performance. He was a truly amazing man who used humor to help people recover from horrific experiences. His relating of the courage of the survivors he worked with showing the absurdity, beauty, sensitivity, fragility and toughness of life is magnificent. The humorous perspective gained by his clients is humbling when you consider the traumas they have coped with. I hope some of these experiences are included in this book. I'll always remember and be grateful for his humor and gift of communication.

This is a happy textbook designed to inspire you to use YOUR OWN sense of humor as a power tool. Don't worry that it's 20 years old- it has been crammed with ways to build laugh muscle, though humorobics. Just one of his illustrations is on aging and how to be 'young old.' "I don't care about your grandchildren!" What about you? What are you playing at, as you LIVE?

I almost put this book in my "to be donated" pile when I began reading it. But, I am SO glad that I

stayed with it. It is truly one of the BEST books I have ever read and I will CHERISH IT. (I've already read the entire book, cover to cover, twice!!!) Invest in this book, you will NOT be sorry!!!

Good ideas on how to 'lighten up". I bought a couple more for coworker gifts. A little too much focus on the alcohol issues, but the rest was useful.

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