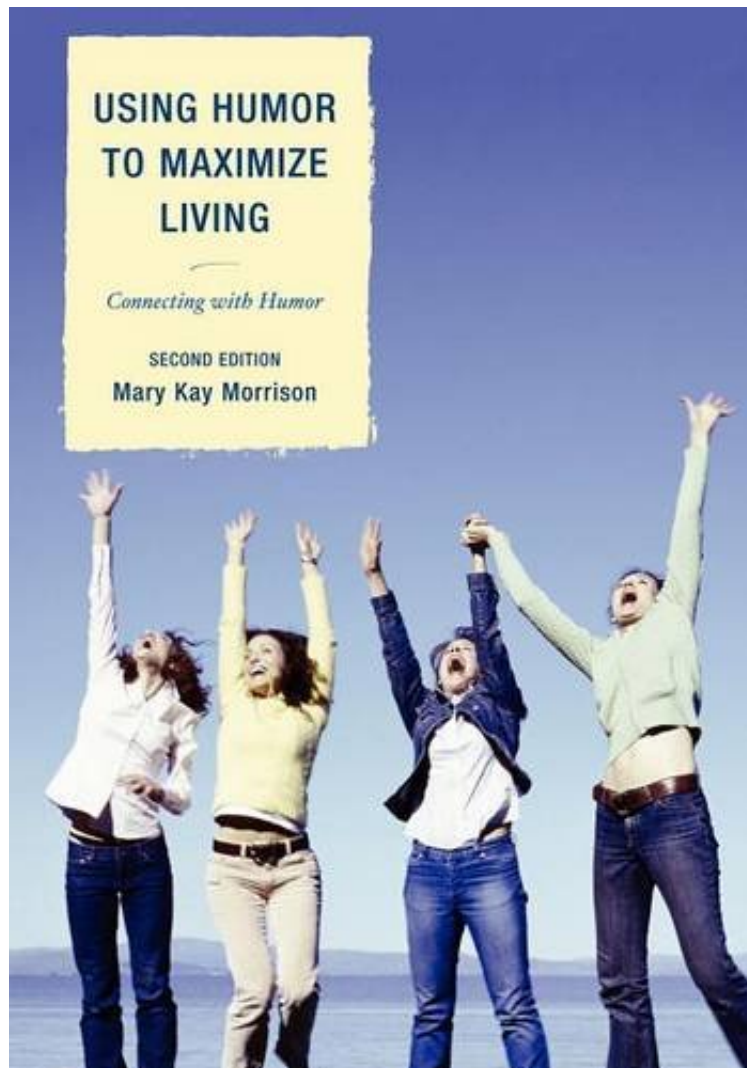


(Library ebook) Using Humor to Maximize Living: Connecting With Humor

Using Humor to Maximize Living: Connecting With Humor

Mary Kay Morrison President Association for Applied and Therapeutic Humor Author of *Using Humor to Maximize Living*

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#1679574 in Books RL Education 2012-03-29 2012-03-29 Original language: English PDF # 1 10.11 x .56 x 7.071, 1.01 #File Name: 1610484886260 pages | File size: 60.Mb

Mary Kay Morrison President Association for Applied and Therapeutic Humor Author of Using Humor to Maximize Living : Using Humor to Maximize Living: Connecting With Humor before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Using Humor to Maximize Living: Connecting With Humor*:

0 of 0 people found the following review helpful. A Fabulous Humor Resource By Heather A. Wandell Mary Kay does a brilliant job of combining personal stories of applied humor with neuroscience in her new book "Using Humor To Maximize Living: Connecting With Humor". It is quite clear in this book that without the personal stories on

therapeutic humor and how peoples lives have been positively influenced by playfulness, fun, and laughter, half the evidence would be missing. And that said, science and research provides the validation that something bigger is going on inside our bodies. Morrison makes this a complete humor package with her thought provoking conversation starters, activities, and even a shopping list! I would highly recommend this book for healthcare workers, educators, and anyone who is interested in the innate ability we have to heal ourselves and our relationships. Heather Wandell Speaker and Author Another Way To See It, LLC 1 of 1 people found the following review helpful. Buy the book Join Humor Academy By Helen Stucky Risdon Not only do I agree with the other reviewers that rated it 5 stars, I think that it would also make a great e-book. In this day and age having short YouTube videos for each chapter would enhance it to platinum stars. The resources listed will get interested people connected with "their tribe"...starting with the Association of Applied and Therapeutic Humor. [...] In a perfect world, this book would be required reading for anyone in a leadership role...parents and employers and those that run institutions, public schools, and social agencies. Then we could weave together and really solve the adult and childhood bullying and self-esteem and communication issues in a kind, compassionate, fun way...and that all makes for a healthier world! 2 of 2 people found the following review helpful. For those of us who don't do stand-up By Kathy Laurenhue I admit to bias in reviewing this book because I am an advisor to the AATH (Association for Applied and Therapeutic Humor) Humor Academy for which it is the primary text in Level I and has proven to be an excellent resource. But I also recommend it for everyone who fits the category of "cheerful, rather than funny." The book contains many examples of jokes and ideas for enlivening our daily lives, but it is not a comedian's guidebook. I am not funnier because I have read this book, but I am consciously aware of how to appropriately use humor to lighten the mood in almost any situation. Furthermore, everything Mary Kay Morrison recommends is research based. The tagline for my company, Wiser Now, is "Backed by science, fueled by fun." It could be hers, too. ~ Kathy Laurenhue, Wiser Now, Inc.

Humor gets very little respect! While references to the importance of having a sense of humor are liberally sprinkled throughout the popular media, and it is usually mentioned as one of the qualities of effective employees, it is rare to find purposeful humor practice. Humor is without a doubt the one quality that most of us agree is needed in life. However, it is rare to find serious applications on the benefits of applying humor in everyday life and in our world of work. When the federal government tried to incorporate humor into a staff development program of a federal agency, there was an outcry. It seems that humor was thought to be a waste of taxpayer money, and the program was axed. The purpose of *Using Humor to Maximize Living* is to affirm, sustain, and encourage people in the practice of humor not only as a personal tool to optimize a healthy life style, but also to maximize the benefits of humor in everyday life. Check out the research that includes a review on the use of humor to nurture creativity, to increase the capacity for memory retention, to support an optimal work environment, and to build safe communities that reflect the relational trust necessary for maximizing living.

I'm delighted that Mary Kay Morrison has been able to put her wisdom and knowledge onto the page....The book is a grab bag for all kinds of research, observations and suggestions for how to put more fun in your life. (Psychology Today) *Using Humor to Maximize Living* captures and reviews the current research on the science of humor. It also describes some groundbreaking studies on the neurobiology of humor, as well as what we currently understand about our own humor development. As a result of these new insights, Mary Kay shows us how to truly maximize our daily living and interactions with others through the modernization of these new humor applications. Mary Kay has been teaching and facilitating workshops about the benefits of humor for over 20 years. She has a vast knowledge-base in humor and it continues to be a privilege to work together in teaching the international graduate Humor Academy classes for the Association for Applied and Therapeutic Humor. (Lee Berk) *Using Humor to Maximize Living* is a groundbreaking book that brings in the latest that neuroscience has to offer on humor and the brain. Mary Kay is a gifted teacher, writer, and trainer of people at all levels on how to apply humor to everyday living. She now takes her years of experience of working with people in both the classroom and as a trainer to share numerous practical applications. Whether you are a teacher, health care professional or lay person...you will find this book a key to a joy-filled life. (Earl Henslin) In *Using Humor to Maximize Living*, Mary Kay Morrison explains and illustrates the fundamentals of "applied humor." We're not talking about "comedy" here, but humor that is applied in specific situations for specific purposes. This gem of a book is about creating a more humorous and joyful atmosphere at work, and doing that by incorporating humor into your leadership, management and work skills. Leaders today must know how to create teams, and motivate individuals and groups. And all workers must become more flexible and interactive with their colleagues. And this is where humor can be so helpful. Mary Kay teaches that humor is one of the important elements in a leader's or manager's or worker's toolbelt of workplace skills. (Karyn Buxman) Mary Kay Morrison's new book, *Using Humor to Maximize Living*, is where application meets theory. It will give you the 'how to' in living a more joyful, productive, and happy life (not to mention funnier). (Chip Lutz, president, Association of Applied and Therapeutic Humor; author; and retired Navy Officer) Morrison's comprehensive research of the science of humor effects and life long involvement in education as a teacher, consultant, and innovator of the AATH Humor Academy

have positioned her as the go-to resource in understanding the phenomenal impact of humor applied to our lives. Highly useable, this book gives us a blueprint for positive living ...an invaluable insight in today's world. (Cheri Ellis Campbell Ph.D, Asst. Professor of Communication, University of Wisconsin, Waukesha) "What's to smile about in these tough economic times? If you're looking for a lift, check out Mary Kay Morrison's new book, using Humor to Maximize Living. Accompanying the text are cartoons by Rockford's own Bruce Quest" "The purpose of this book is to affirm, sustain and encourage people in the practice of humor not only as a personal tool to optimize a healthy lifestyle, but to maximize the benefits of humor in everyday life" "Morrison is an author, speaker and educator who has taught at virtually every level of the educational spectrum, while facilitating keynote presentations and workshop sessions for the past 30 years. Her work includes integrating what we know about applying cognitive research on both the emotions (particularly humor) to learning" (Rock River Times) About the Author Mary Kay Morrison, founder and director of Humor Quest, is enthusiastic about exploring the links between cognitive research and humor. She is an educator who has taught at virtually every level of the educational spectrum, presenting keynote and workshop sessions for international audiences. She serves on the board of directors for AATH (Association of Applied and Therapeutic Humor), and is founder and director of the AATH Humor Academy graduate and certificate programs.