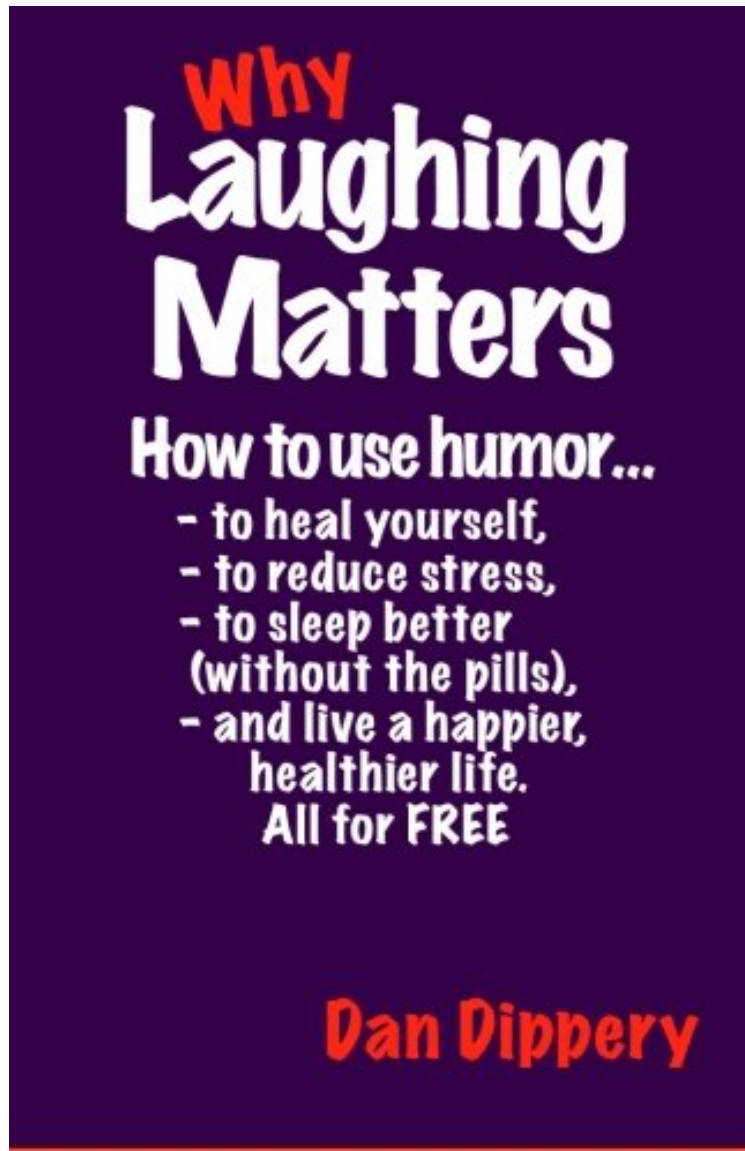


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1 of 1 people found the following review helpful. "Not taking laughing for granted anymore..."By Gary W. WhiteDan and I are cousins. He lives in California and I live in Oregon (north of California).When we were younger we both lived in Oregon and together we laughed a lot. It runs in the family.I think the book is terrific. Especially when you enter "the Golden Age" when your body has problemsand friends are dying. The Golden Age is the s***. Unless you make laughter a priority. Just afterI read Laughing Matters I was in a library and stumbled on books by comedians and leaders in writinghumor. Checked out books by Jerry Seinfeld and David Sedaris. Hey, Laughing Matters made me do it.I will not turn into a grumpy old man. Thanks to cousin Dan.0 of 0 people found the following review helpful. ... focuses the mind on something very important and I enjoyed it immenselyBy Sandra MardigianDipper's book focuses the mind on something very important and I enjoyed it immensely. I remember so well the story from Norman Cousins about the amazing recovery he achieved by self-prescribing humor in all its forms to overcome a fatal medical diagnosis. This book is a valuable articulation of the wisdom that Cousins made so real to my generation.0 of 0 people found the following review helpful. Quick read, helpful, funnyBy marguerite vBrief, helpful funny - this short book is a quick read that pulls together lots of information and ideas in a readable way. With belly laughs interspersed. We have bought several for friends and family. I now feel fully justified in spending time watching all of those baby and cat videos on FaceBook. Read this book and you will know why!

This is a easy-to-read How-To book written to make people's lives better; filled with brief explanations of how and why humor and laughter truly are the "Best Prescription," it shows how physical science, psychology and history all make that case. The author seasons the narrative with funny stories, his cartoons and quotes from Woody Allen, Dr. Seuss, Maya Angelou and others. Chapter 1 - How and why laughing heals: Looks at the sciences and successes of laughter in healing; Chapter 2 - Reducing stress and pain with laughter: Explores the causes of our discomfort and solutions;Chapter 3 -"Laugh and the world laughs with You." The social scene; shows how humor can help at work, at home, everywhere; Chapter 4 - The who, what, when, where how to humor yourself: An easy-to-follow roadmap to put laughter back in your life. Chapter 5 - Where the Laughs are: A treasure of resources; laugh generators, including movies, TV, book and articles.The book's subtitle says it all: It's about "How to use humor...to heal yourself, to reduce stress, to sleep better (without the pills)and live a happier, healthier life. All for FREE! "The design is great. Very inviting. Easy to read and fine examples of the redemptive power of a chuckle. I think the book can be seriously helpful to people who are ill as well as healthy sourpuss people, if some loving friend will get the book to them."Jim Allen, Producer, Steve Allen comedy writer "I have to tell you how much I enjoyed your book. I laughed a lot and it was a good reminder of how much a sense of humor can get us through almost anything."Perri O'Shaughnessy, Author