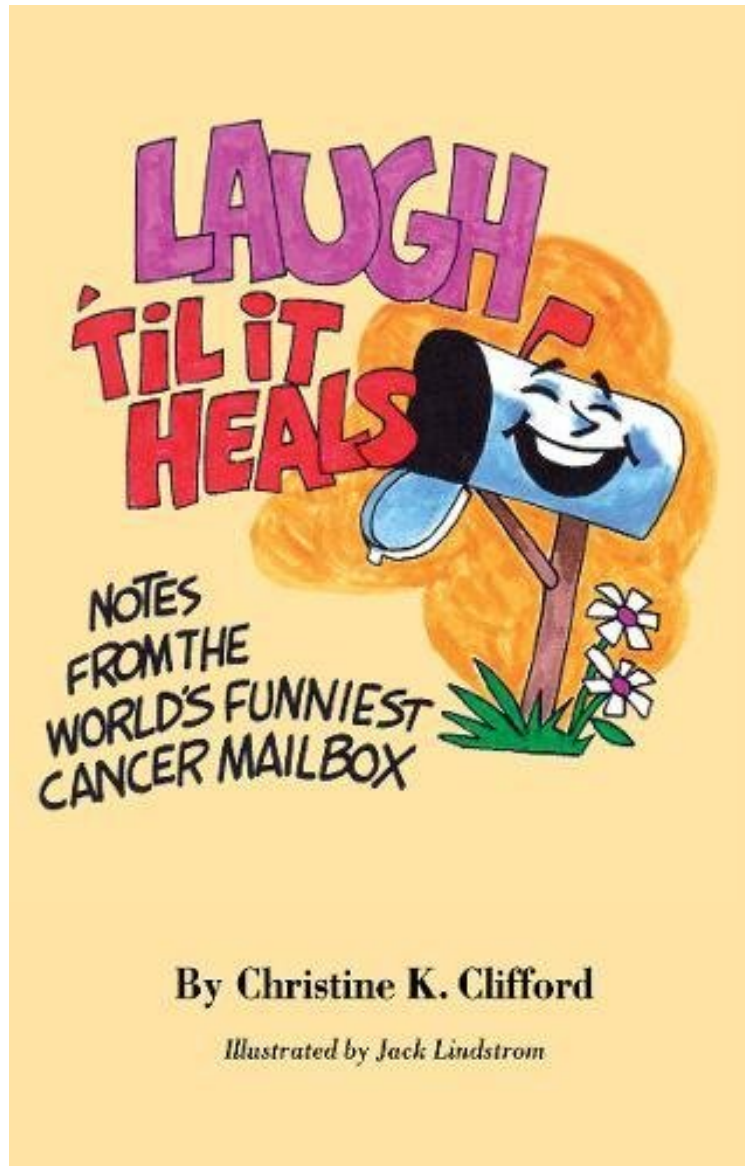


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Laugh 'Til It Heals: Notes from the World's Funniest Cancer Mailbox

Christine K. Clifford

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Christine K. Clifford : Laugh 'Til It Heals: Notes from the World's Funniest Cancer Mailbox before purchasing it in order to gauge whether or not it would be worth my time, and all praised Laugh 'Til It Heals: Notes from the World's Funniest Cancer Mailbox:

1 of 1 people found the following review helpful. One StarBy CustomerThe only thing that hurt was reading the

book.0 of 0 people found the following review helpful. Five StarsBy Loretta HMade her laugh. Made my day.2 of 2 people found the following review helpful. Highly recommended!By Jan Baird HasakYou will enjoy this book if you would like a good laugh. It's especially suited for caregivers and those who have survived cancer, but anyone will appreciate the humor sprinkled throughout this book. If you would like a light read and a lift, check out this great book. You won't regret it!

Christine Clifford says, "Laughter reaches a place no medicine can touch: the soul". She firmly believes laughter saved something as important as her life during cancer: her spirit. All too often our sense of humor escapes us in times of trouble, yet Christine believes laughter has many therapeutic effects and can assist in fighting illness. She is founder of The Cancer Club ([www dot CancerClub dot com](http://www.CancerClub.com)) and *Laugh 'Til It Heals* is being published in response to the thousands of funny stories Christine has been collecting from Club members since she started the company in 1995. *Laugh 'Til it Heals* explores the humorous side of cancer while also providing information on how to support someone who has cancer, and giving advice regarding beneficial nutrition. The book is also practical in citing resources created by cancer patients worldwide. As you read these touching stories, you will laugh out loud with the storyteller. Laugh at the story of a woman chasing tumbleweed (her wig) across the parking lot on a windy day, or the woman who suffered the side effect of a powerful diuretic in public. As Christine says, "Don't forget to laugh!" One of Christine's members had been very depressed since her mastectomy. One day all that changed and she appeared to be much more back to her "old self". A good friend noticed and asked her friend what the difference was. Her reply encapsulates the essence of the book, "Last Tuesday I just woke up and I realized that my sense of humor wasn't in my left breast". KEY POINTS -Christine believes "Laughter: Prescription for a Cure!" and advocates laughing to overcome a problem when fate deals us a blow -The book also features advice from nine of the world's leading authorities on the use of therapeutic humor and contains practical information and guidance for cancer patients-Christine Clifford is a media-savvy bestselling author and a Certified Speaking Professional (CSP Award designated by the National Speakers Association). Anshan Publishers is a publisher of fine medical, scientific, and technical books. We find the best titles from our worldwide publishing partners and bring them to the global marketplace. We publish in a wide range of fields, including:- Anatomy Anesthesia Cardiology Dermatology Hospital Acquired Infections/Epidemiology Obstetrics Gynecology Ophthalmology Orthopedics Pain Management Pathology Pediatrics Pharmacy Radiology Surgery Ultrasound, ECG, and Echo

"After traveling the world researching longevity, I've come back as a big believer in the power of shedding stress - for both avoiding chronic inflammation and keeping the immune system strong. My friend Christine Clifford has written an engaging book that shows us how we might use humor to heal. Who knows - - she may have just unlocked the true secret to longevity!" --- Dan Buettner, New York Times Best-Selling author of *Blue Zones: Secrets for Living Longer from the People Who've Lived the Longest* and *Thrive: Happiness the Blue Zones Way*.About the AuthorChristine Clifford is a well-established author of eight books with an exceptional background in sales and marketing. She has enjoyed success with her previous books including her bestselling "Not Now - I'm Having a No Hair Day!" and "Cancer Has Its Privileges: Stories of Hope Laughter". Since having breast cancer in 1994 she founded The Cancer Club ([www dot CancerClub dot com](http://www.CancerClub.com)). Today it is the world's largest producer of humorous and helpful products for people with cancer. Facing another overwhelming challenge - divorce - not just once but twice, Christine co-founded *Divorcing Divas LLC* ([www dot DivorcingDivas dot net](http://www.DivorcingDivas.net)) and is the author of the recently published book "The Clue Phones Ringing Its for You! Healing Humor for Women Divorcing."