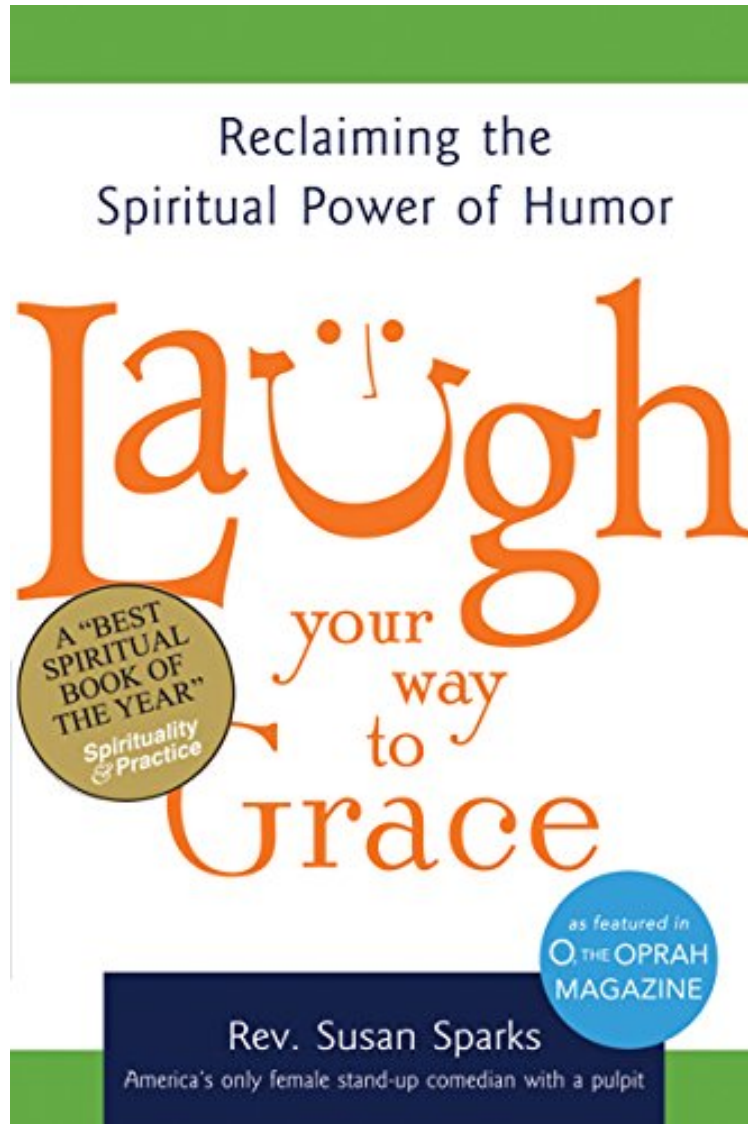


[FREE] Laugh Your Way to Grace: Reclaiming the Spiritual Power of Humor

Laugh Your Way to Grace: Reclaiming the Spiritual Power of Humor

Rev. Susan Sparks

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Rev. Susan Sparks : Laugh Your Way to Grace: Reclaiming the Spiritual Power of Humor before purchasing it in order to gauge whether or not it would be worth my time, and all praised Laugh Your Way to Grace: Reclaiming the Spiritual Power of Humor:

0 of 0 people found the following review helpful. Great writing style By Minnesota Joe Humorous, Great writing style, an easy read. we used for book club, lots of good discussion points, 1 of 1 people found the following review helpful.

Susan Sparks made me laugh. I was so inspired ...By Richard CasadySusan Sparks made me laugh. I was so inspired by her book that I quoted her message in a sermon so others could discover for themselves that incorporating laughter helps overcome some of the difficulties of everyday life. Thank you Reverend Susan!1 of 1 people found the following review helpful. Humor in church? Absolutely!By Mary McConathyThis is an excellent Christian read. Susan Sparks is a lawyer turned standup comic and Baptist minister with the idea that humor is needed in a place of worship and everyday life. I LOVE this book and read it over and over. I highly recommend it!

Laughter?the GPS System for the SoulLaughter was honored by the ancients as a spiritual healing tool and celebrated by the world's great religions. So why aren't we laughing along the spiritual path today? What would happen if we did?In this personal and funny look at humor as a spiritual practice, Rev. Susan Sparks?an ex-lawyer turned comedian and Baptist minister?presents a convincing case that the power of humor radiates far beyond punch lines. Laughter can help you:Remove the fearful mask of a God who doesn't laughDebunk the myths that you don't deserve joyFind perspective when faced with adversityExercise forgiveness for yourself and othersReclaim play as a spiritual practiceHeal?emotionally, physically, and spirituallyKeep your faith when God is silentLive with elegance, beauty, and generosity of spiritWhatever your faith tradition?or if you have none at all?join this veteran of the punch line and the pulpit in reclaiming the forgotten humor legacy found in thousands of years of human spiritual history.

"Like music, laughter is a universal language. And Susan Sparks speaks this language like no other. [This book] weaves humor and the sacred into one beautiful work of art. If you want to blast some fresh air into your spiritual life, then by all means read this book!"?Naomi Judd, multi-platinum country music artist; actress; author, Naomi's Guide to Aging Gratefully and other books"Thank God for Susan Sparks! By immersing ourselves in her honest insights, warm encouragement and hysterical stories, we're able to shatter the crust around our hearts that has kept us from fully experiencing the grace of life as God intended."?Peter Wallace, host and producer, Day1; author, Living Loved: Knowing Jesus as the Lover of Your Soul"Pure joy. Lively and lighthearted examples illustrate the connection between guffawing and God. A must-read if you want to laugh, learn and lighten up your journey on your spiritual path."?Allen Klein, author, The Courage to Laugh and The Healing Power of Humor"The definitive book about how humor and laughter have everything to do with God. You will laugh out loud, and then it will move you to quiet contemplation and awe. It has done more for me than most of the theology books I've been forced to plow through. I'm still smiling ... and contemplating."?Edward L. Beck, CP, author, God Underneath: Spiritual Memoirs of a Catholic Priest; ABC News religion contributor"Helps us transcend to a higher and better place, no matter what our circumstances. A much needed balm for a world that often forgets how to laugh."?Saranne Rothberg, CEO, The ComedyCures Foundation; host, ComedyCures LaughTalk Radio"More than a delightfully written book; it is a Saturday afternoon conversation with a favorite friend at the neighborhood coffee shop. I hope that this is just the first installment in an ongoing Saturday afternoon conversation with a new favorite friend, Susan Sparks."?Pam Durso, executive director, Baptist Women in MinistryAbout the AuthorRev. Susan Sparks, the only female comedian in the country with a pulpit, is senior pastor of the historic Madison Avenue Baptist Church in New York City (the first woman pastor in its 160-year history). She is author of Laugh Your Way to Grace: Reclaiming the Spiritual Power of Humor (SkyLight Paths). She has been featured on ABC, PBS and CNN, as a regular guest with country music star Naomi Judd on Naomi's New Morning on the Hallmark Channel, in the New York Times and in numerous comedy clubs. She is the recipient of an award from Intersections International for her interfaith work to promote justice, reconciliation and peace among diverse communities. Find out more at www.susansparks.com.Rev. Susan Sparks is available to speak on the following topics:Transform Your Life, Work and Spiritual Path Through LaughterLife Transitions and Finding Your PathHumor and Life CrisisPresentation Skills Using Wisdom from the Courtroom, the Pulpit and Comedy ClubsThe Power of Humorfor Clerics, Chaplains andCaregiversClick here to contact the author.