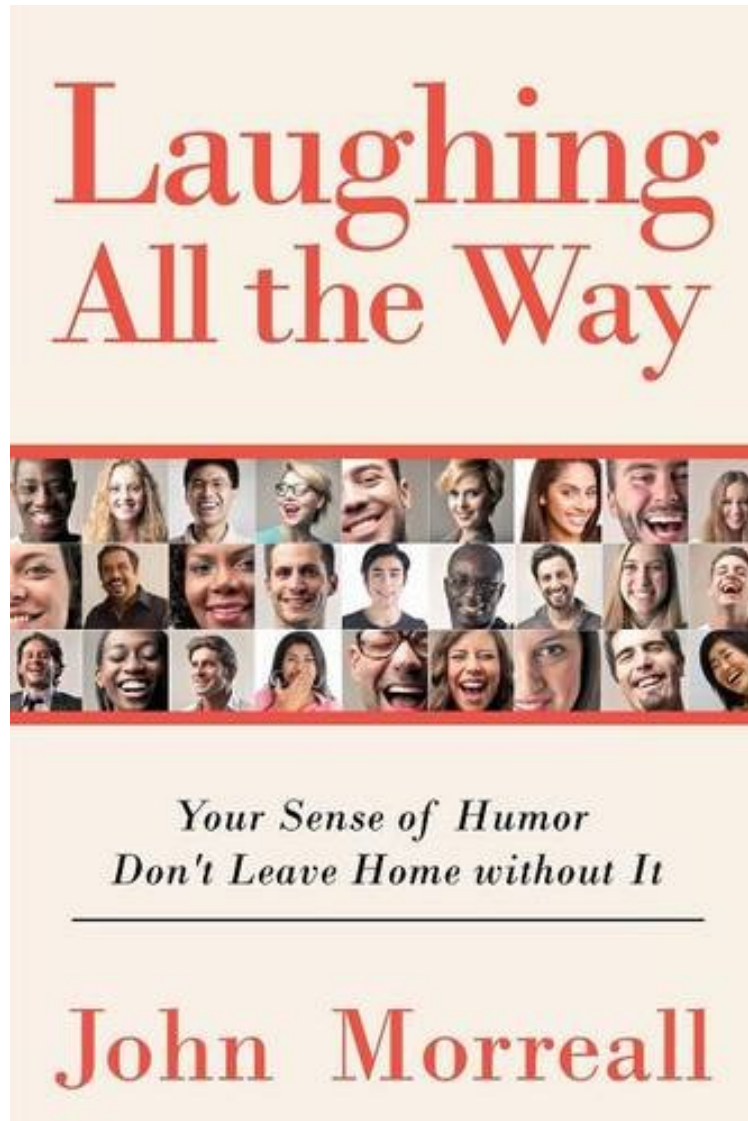


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Laughing All The Way: Your Sense of Humor Don't Leave Home Without It

John Morreall

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John Morreall : Laughing All The Way: Your Sense of Humor Don't Leave Home Without It before purchasing it in order to gage whether or not it would be worth my time, and all praised Laughing All The Way: Your Sense of Humor Don't Leave Home Without It:

0 of 0 people found the following review helpful. Delivers More Than Promised!By Ken J of MarylandWhat should we make of a book entitled "Laughing All the Way"? A joke book? A collection of humorous stories? A biography of

a humorist? Any number of possibilities seems plausible. Fortunately, the author states his aim up front - "to help you rekindle your love of laughter" and "to show you its many benefits, especially at work." In reality, Morreall under-promises and over-delivers. Essentially, this is a serious study of the origin and nature of an attitude or type of consciousness unique to humans. The book appears thoroughly researched, citing many studies and experiments that underlie the concepts presented. However, Morreall spares us the look and feel of a scholarly tome and, instead, delivers his material in a light and enjoyable manner. While not intended to leave the reader doubled up in laughter, he does elicit frequent chuckles and a considerable number of "ah ha" moments. But the true benefit of this book is that it can spark a life-changing experience. By adopting an approach to life that sees threads of humor woven into practically every experience and interaction, one can be healthier, more creative and flexible, better able to enjoy the company of others, more skilled at eliciting cooperation and resolving conflict, and eliminate a ton of stress from his or her life. One might even live longer and happier. For anyone who aspires to the above, this book definitely is worth a read.

1 of 1 people found the following review helpful. A Wonderful Read, No Joke! By Teresa Brandt

How can John Morreall write about humor? Let me count the ways: He can discuss humor in the workplace (a specialty of his); he can expound on humor in religion (yes, there's actually a lot of it to be discovered, if you look); he can get back to the basics--where does humor come from? What is it? He can talk about the benefits (defusing situations)--and the potential harm (mockery)--humor can reap; he reveals to us that women's humor tends to be less competitive than men's; he can delve into laughing at oneself, and laugh at himself. So why read this unless you just want to know a lot about humor? Lots of reasons! The last chapter gives some great pointers on nurturing your own sense of humor, or using humor in your workplace. Some gems: Look for strange things, for example on the internet; learn one surprising fact per day; keep a file of funny personal photos; learn to play a musical instrument (that one is great, but requires just a tad more commitment!); take a different route to work; put a funny calendar and/ or a silly toy on your desk (I did both of those for years, and personally attest to the effectiveness--I had a Beethoven head who held papers in his mouth); add some humor to memos, have a bulletin board for funny items. All in all, this is a delight to read, and illuminating to boot! Morreall's style is clear and--well, humorous in a gentle way. Each chapter is headed by a New Yorker cartoon, too--a sweet treat! Read the book to help out your workplace, improve your knowledge, or just for fun.

0 of 0 people found the following review helpful. A Humorologist Extraordinaire By Customer

Laughing All the Way--Your Sense of Humor; Don't Leave Home without It by John Morreall, a humorologist extraordinaire, is a magnificent book on humor, its history, and its many benefits. It takes you from the Puritans, who frowned on humor and playfulness, to the humorless Industrial Revolution, to modern times, when the medical profession and many churches are rediscovering the health benefits of humor, and businesses are discovering that humor is a potent stress-buster, boosts morale and productivity in the workplace, and is the fastest way to defuse conflict. Illustrated with New Yorker cartoons by Bob Mankoff, the book is a treasury of good humor and delicious quotes ("Humor is mankind's greatest blessing," wrote Mark Twain.) The book fairly crackles with humor and fun throughout.

Cal Samra Editor
Publisher The Joyful Noise letter[...]

Based on 35 years of research, this book shows how essential humor is in business, medicine, education, and family life. Funny images and New Yorker cartoons by Robert Mankoff enhance the lessons.