

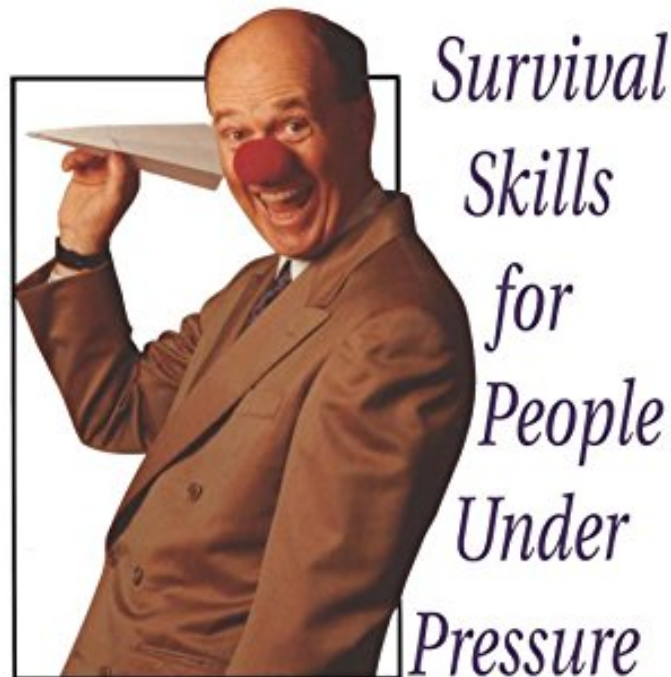
(Get free) Lighten Up: Survival Skills for People Under Pressure

Lighten Up: Survival Skills for People Under Pressure

C. W. Metcalf, Roma Felible
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LIGHTEN UP



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C. W. Metcalf, Roma Felible : Lighten Up: Survival Skills for People Under Pressure before purchasing it in order to gauge whether or not it would be worth my time, and all praised Lighten Up: Survival Skills for People Under Pressure:

1 of 1 people found the following review helpful. Good ideas on how to 'lighten up" By M Brady Good ideas on how to

'lighten up". I bought a couple more for coworker gifts. A little too much focus on the alcohol issues, but the rest was useful. 2 of 2 people found the following review helpful. AWESOME BOOK!!!! By Dragonfly Dreamer I almost put this book in my "to be donated" pile when I began reading it. But, I am SO glad that I stayed with it. It is truly one of the BEST books I have ever read and I will CHERISH IT. (I've already read the entire book, cover to cover, twice!!!) Invest in this book, you will NOT be sorry!!!! 1 of 1 people found the following review helpful. Metcalf is gone, but left his favorite tool: Humor By G. Filkovsky F. Ditlow This is a happy textbook designed to inspire you to use YOUR OWN sense of humor as a power tool. Don't worry that it's 20 years old- it has been crammed with ways to build laugh muscle, though humorobics. Just one of his illustrations is on aging and how to be 'young old.' "I don't care about your grandchildren!" What about you? What are you playing at, as you LIVE?

Humor can help you thrive in change, remain creative under pressure, work more effectively, play more enthusiastically, and stay healthier in the process. But humor is also a set of specific, learned skills, and like any other discipline, these skills need to be developed. *Lighten Up* shows you how to build these skills so that you can see the absurdity in difficult situations and take yourself lightly while you take your job, problem, or challenge seriously.

From Publishers Weekly Prescribing humor to combat stress and liberate creativity, corporate consultant Metcalf--aided by his business-partner wife Felible--seeks to restore humor to those damaged by childhood traumas and dogged by problems as adults. Although the authors attempt to cover too much psychological ground, they illustrate persuasively, with examples from real life and fiction, how humor can dispel fear and tension in a crisis and improve negative attitudes by recognizing the absurdities of life--even war. While medical and psychological research confirms the value of humor as therapy, Metcalf and Felible warn that conditions such as depression and drug and alcohol addictions must be controlled by other, more drastic means before the benefits of humor can be appreciated. The writers recommend "working happier instead of harder" and observing an "etiquette" of humor sensitive to the feelings of others. Finally, they suggest that developing humor may enhance our last years and aid in facing death. Copyright 1992 Reed Business Information, Inc. About the Author C.W. Metcalf and Roma Felible are a husband-and-wife writing team as well as business partners. C.W. Metcalf and Company consults worldwide on the role of humor in managing oneself and others.