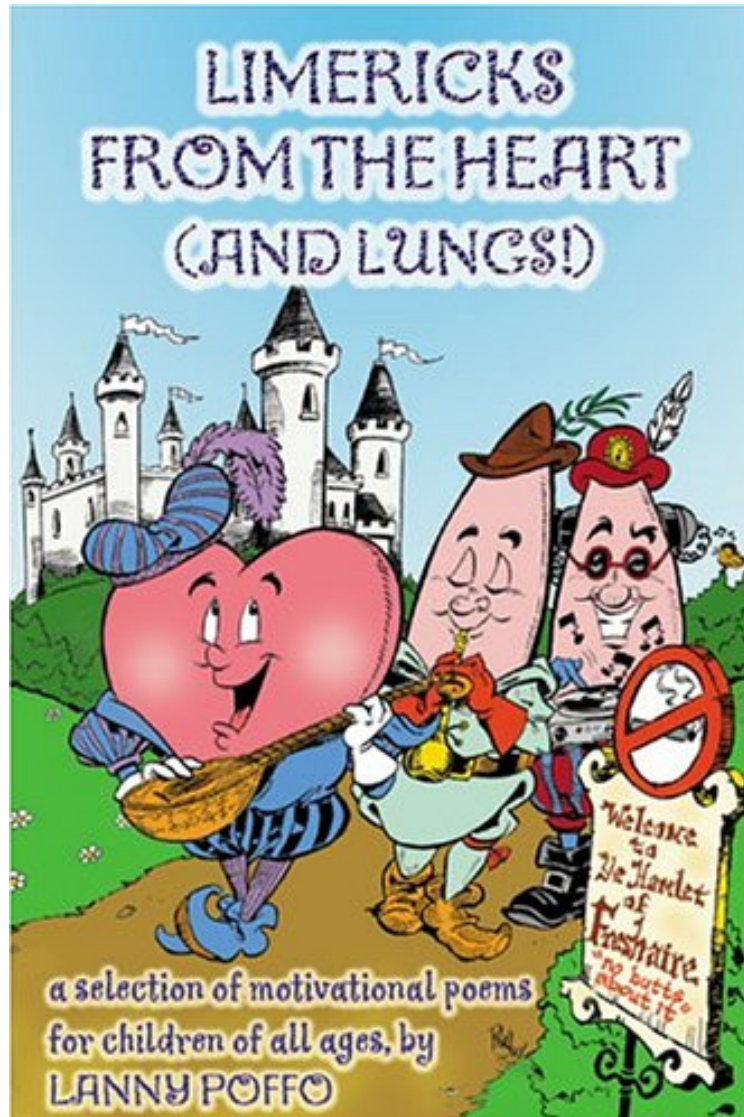


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Limericks from the Heart (and Lungs!)

Lanny Poffo

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Lanny Poffo : Limericks from the Heart (and Lungs!) before purchasing it in order to gage whether or not it would be worth my time, and all praised Limericks from the Heart (and Lungs!):

0 of 0 people found the following review helpful. Awesome BookBy Lynn G.This is a great book. I have never liked hanging around people that smoke. I have seen it ruin people's lives. I really enjoyed reading this book.0 of 3 people found the following review helpful. A contrary viewBy The Peppy GeezerI guess that I am a minority of one. I thought that these limericks were pretty bad for the most part. I detest smoking but enough is enough. How many times do you have to be taught the same lesson?0 of 0 people found the following review helpful. 335 original

limericks for children
By Midwest Book Review
Limericks From The Heart (And Lungs!) offers 335 original limericks for children, though they are fun to read aloud for all ages. The verses share a common theme of anti-smoking, and are arranged in order of age. Black-and-white illustrations add a whimsical touch to this witty collection. A glossary helps younger people better understand unfamiliar words, and a name-and-place index allows for quick and easy searches for specific limericks. An excellent resource for impressing the perils of smoking on young people, Limericks From The Heart (And Lungs!) is a simple but fun-filled collection suitable for quoting, reading aloud, adding filler to youth newspapers and publications, or just plain fun. "A drinker who drank when she smoked, / With a carefree demeanor she joked. / But she lost her poise / When she made a frog noise - / Yes, she smoked and she smoked till she croaked."

This book contains a selection of 335 original limericks for children and readers of all ages. The verses share a common antismoking theme and are arranged in order of progressive ages. Also included are a glossary of terms (particularly important for the inquiring minds of our youngest readers), a names-and-places index and several cartoon-style illustrations. The author is former pro-wrestler Lanny Poffo. Hes funny . . . hes heavy-hitting . . . hes on a mission. Heres a limerick telling you why: Tobacco is so problematic, Diseases are so automatic. Ive seen my friends die And perhaps that is why Im such a nonsmoking fanatic. Poffo has found a new "cause for combat" near and dear to his heart and lungs "kicking cigarette butt" through his antismoking limericks for children. Inspired by author and fellow childrens poet Shel Silverstein, Poffos limericks deliver fierce but fun messages to kids, fans and parents alike. Heres a limerick (both educational and humorous) about some of the physiological consequences of smoking: Did you know that the first time you smoke, In addition to making you choke, It burns your lung hairs? And there arent any spares Healthy cilia make those germs croak. Poffos pro-wrestling trademark was to throw poetry-laden frisbies out to the screaming crowds. Now he hopes to convince kids to avoid or stop smoking. His clever collection of 335 limericks provides ammo to ward off peer pressure by tying heros, idols and legends to the nonsmoking message. Below is a sample limerick taken from the youngest target age group. Poffo hopes some parents may read the limericks as a bedtime story to inspire and teach their youngsters. For school-age kids, there is a glossary at the back. The hope is that schools may use the book as a tool for learning and improving reading and vocabulary skills. Mother Hubbard lived sadly alone Except for her dog with that bone. She smoked on the road And in her abode Which reeked like the cheapest cologne. Finally, here is a sample limerick from the target age group 19+ years (college and university students): Relativity theories must be That energy equals MC, Then needs to be squared. Smokers cannot be spared They forfeit their mass energy. (All limericks Lanny Poffo)

Lanny masterfully develops his antismoking limericks while always remaining positive. The result is a positively entertaining and educational book. --Lerner Newspapers (Chicago), September 2004, John Wroblewski
From the Author
Ive survived many years of school, wrestling, marriage, fatherhood, divorce, drunk drivers, small planes, jumbo jets, Andre the Giant and miscellaneous things that go "bump" in the night. Too many of my wrestling colleagues have died early from preventable dissipations of all kinds. This book is my attempt to "catch em young." I hope concerned parents will start reading the limericks in the front of the book as a healthy alternative to the bedtime story. If I can save one child from the dead-end road of hopeless debauchery, then I have not lived in vain. Magen, my 20-year-old, nonsmoking daughter gives me that validation. Mark Twain said: "Forgiveness is the fragrance that the violet sheds upon the heel that has crushed it!" It is my lifelong quest to forgive the tobacco companies, advertising executives (and a certain few in Hollywood) for perpetuating the illusion that smoking is glamorous. Having said that, I believe this is what is called "equal time." From my heart . . . and lungs, Lanny Poffo
About the Author
Lanny Poffo was born in Calgary, Canada, in 1954. He hales from a family of professional wrestlers and has always been fond of poetry. He was the Poet Laureate of the WWF (World Wrestling Federation, now the WWE or World Wrestling Entertainment) from 1985 to 1989. In his wrestling career, he would compose and recite an original poem before each bout. At first, he was known as "Leaping Lanny" (a good guy) and published a book of wrestling poetry entitled "Leaping Lanny: Wrestling with Rhyme." "Leaping Lanny" later transformed into a pseudo-intellectual villain called "The Genius" and made appearances dressed in a cap and gown. From 1989 to 1993, "The Genius" character continually antagonized his audiences. He wrestled Hulk Hogan on the TV show "Saturday Nights Main Event" and gave a performance that is still considered by many to be the most hilarious wrestling spectacle ever. His father, Angelo Poffo, was featured in "Ripleys Believe it or Not!" for holding the world record for sit-ups: 6033 in four hours and ten minutes. Angelo went on to have a long career in pro-wrestling. He is 79 and has been smoke-free his entire life. Lannys brother is pro-wrestlings infamous Randy "Macho Man" Savage. Randy played "Bonesaw McGraw" in the 2002 hit motion picture "Spider-Man." Lannys greatest thrill was meeting the late childrens poet and author Shel Silverstein. Shels encouragement helped to make Lannys dream of a book of antismoking limericks a reality. His main ambition in life is to help prevent kids from ever starting to smoke and also to help smokers quit.