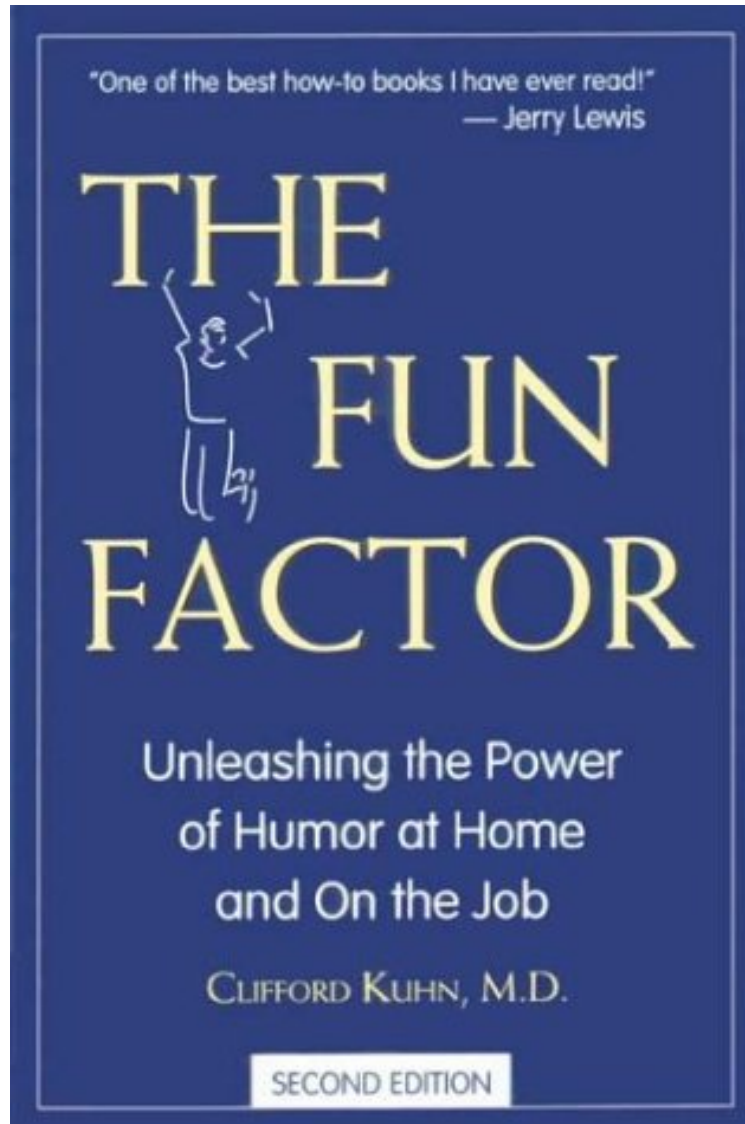


(Download ebook) The Fun Factor: Unleashing the Power of Humor at Home and on the Job

The Fun Factor: Unleashing the Power of Humor at Home and on the Job

Clifford Kuhn M.D.

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0 of 0 people found the following review helpful. Find your funBy Raquel J. MichaelsonThe description of this book must have confused me because I thought it was going to be more about humor, rather than finding fun in every day

chores and activities. Once I readjusted my thinking, I kind of enjoyed it. The content seems to be geared mostly towards parents. It would be helpful to teachers or anyone dealing with youngsters, too. Some of the advice is fresh, some of it is the 'yes! this guy has put into words just what I've felt about this topic' recognition. Worth a read.0 of 0 people found the following review helpful. great adviceBy paulanieceI had read the book before thought it worth sharing with family. I consider it a great book.When i first read it -I discovered even I have a sense of humor. Love it.0 of 0 people found the following review helpful. Fun times in classBy MonynmiddleGreat book. Author came to our class and gave us clown noses.

Insisting that "we are humor beings," this celebration of the healing power of laughter provides detailed instructions on finding humor in everyday life and becoming joyful. The health benefits of laughter, the business application of humor, and the role of fun in family life are discussed, driven by the contention that human beings are predisposed to delight. The tenets of the "fun factor" attitude are presented, including having fun above all, always going the extra smile, laughing at oneself first, and listening carefully for the punch line.

About the AuthorClifford Kuhn, M.D., is a professor of psychiatry at the University of Louisville School of Medicine and the founder of a company called Laugh Doctor Enterprises. He lives in Simpsonville, Kentucky.