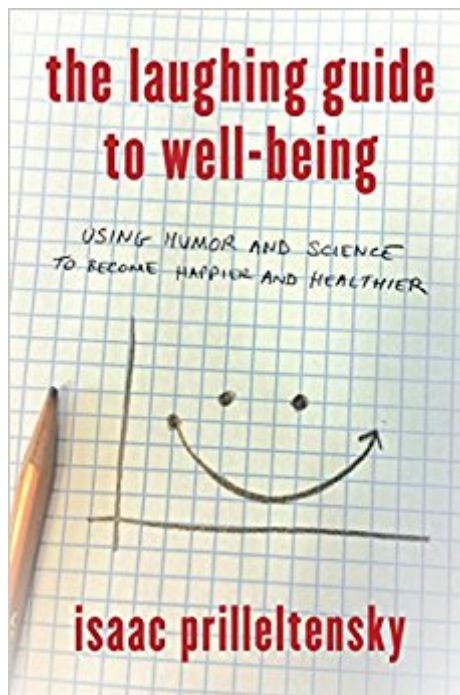




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The Laughing Guide To Well-Being: Using Humor And Science To Become Happier And Healthier



Synopsis

Do you experience stress? Are you interested in better health and well-being? Do you pursue happiness? If you answered yes to any of these questions, you need to read this book. If you answered no, you're in denial. All of us can use a little help to become happier or healthier. Unfortunately, the help we get is often too scary: "if you don't do this or that, some catastrophic event of epic proportions will happen." Prilleltensky's approach, in contrast, is to help you become healthier and happier through laughter. In this hilarious book, Prilleltensky combines humor with science to help you improve your well-being. Each chapter consists of the Laughing Side, a series of funny stories; and the Learning Side, a research-based, user-friendly guide to health and happiness. The first chapter provides an overview of well-being, while subsequent chapters cover each of its six domains: Interpersonal, Community, Occupational, Physical, Psychological, and Economic (I COPPE). When you finish the book you'll have a greater understanding of your life, and ways to make it better.

Book Information

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Customer Reviews

Dr. Prilleltensky's new book is smart, funny, entertaining, and deeply insightful. The reader is treated to an enjoyable and informational journey at the same time. The author shows us a path to live a more just, full and balanced life. Hilarious, mostly personal stories, introduce different areas of well-being. Following humorous introductions, the author shares scholarly knowledge about physical, psychological, and occupational well-being, among other areas. Based on cutting edge research, the book offers plenty of practical tools to achieve a healthier lifestyle. And what a better way to do it than with a laugh!

A fun guide to life: especially the art of not taking yourself too seriously. I especially enjoyed the author's willingness to share his own vulnerabilities and decisions that didn't go so well (although they turned out fine in the end!).

Overly detailed for my needs

Don't read this book next to a sleeping spouse or he or she will, for sure, be awakened by your fits of laughter! That was the first piece of information I learned from Dr. Prilleltensky's entertaining and enlightening new book. The prose is hilarious and useful both at the same time. The "laughing side" and "learning side" of examining how to handle stress and enhance your well-being merge together to both entertain and inform. In other words, the author employs a perfect combination of narrative and expository writing styles. The majority of the stories are quite quotidian: from shopping mall fiascos to buying exercise clothes, to downloading computer apps. Other stories follow his international travels to his hilarious search for vegan restaurants in rural Virginia. The Laughing Guide to Well-Being promises more than just entertainment. This book is a constant major belly laugh yet a treatise on how to become a healthier and happier you. I can see myself reading this book over and over again! (Shawn Post, school psychologist and author of Executive Learning)

Mr. Prilleltensky wishes you wellness, a strategy for mind and body- I believe this isn't your usual self-help book. It's written by a college prof. who intends to save you some energy and effort toward self improvement through acronyms like GREASE. This is for gradual, rewarded, easy, alternatives, supported, educated. Prof. P. cites examples of his own trials as a student living on a shoestring, then as a reformed meat and more meat eater and now as a survivor of Dade County, Florida. He may be inclined to give you a

teacher's lecture and he really does that on dietary concerns, but he wisely tempers the wellness value package with the humor side. The facts he observes are balanced by his self deprecation. For instance, he reveals that he has to cope with people on the phone all the time|some even perceive him to be a woman who is introducing himself as ISAAC! You will identify with his trials and how his humor vision helped him to leap obstacles. Read here of how he will sound more like Luciano Pavarotti, and forget envying Hugh Jackman. Isaac knows humor makes teachers memorable, for to laugh in a lecture means that you're listening. Trust, support and joy are interrelated, and he touts the experiences of humor and laughter as an expectation of friendship. I learned from Isaac that the efforts we put forth to be happier and help others in that direction result in our lives becoming more meaningful. Yes, humor is fun, releasing our negativity heals a world of pain- and under all that we may find joy.

Very clever, Dr. Prilleltensky! Right up my alley!! What better way to learn than dousing the learning with laughter? I love it!! Your laughing sides compliment your learning sides perfectly. For me, learning becomes easier when paired with laughter, so your book worked well for me. A great, forever reference to improving well-being. My girlfriend and I recently experienced our first vegan cruise which left from Miami. (Vegan cruise is not even lapping the side of the bucket for our husbands - next year, for sure.) My first time in Miami, and I was thirsty for some Latino culture. Our LYFT driver doubled as our tour guide as I thought it wise to seek out a resident rather than a guide book in search of some local flare. My mind? I was thinking a place where we could stroll beside the water, enjoy some (vegan) restaurants, maybe some Cuban music. Uh, uh, nope, we were dropped at the Dolphin Mall!!!!!! So, Isaac, tell Ora, she is not the only one in Miami who finds time at the mall "a meaningful experience with loved ones". My goal is to receive 7's on the I COPPE scale of well being, and after my trip to the Dolhin Mall, I am very, very close!! Seriously, I found the book informative as well as funny. The humorous stories made me laugh and relate to many similar stories in my life. The learning side made me reflect on much of my knowledge that I have let slip away a bit, primarily "interpersonal fitness". Time to strengthen up those muscles, and work on fortifying those interpersonal well-being skills. Thanks for that!! Where was this book when I was studying psychology? Certainly more entertaining than any expository writing I had to slug through in college!!! The book contains a lot of valuable information which will improve the well-bing of those who read it. Thank you so much for writing it, a great resource.

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