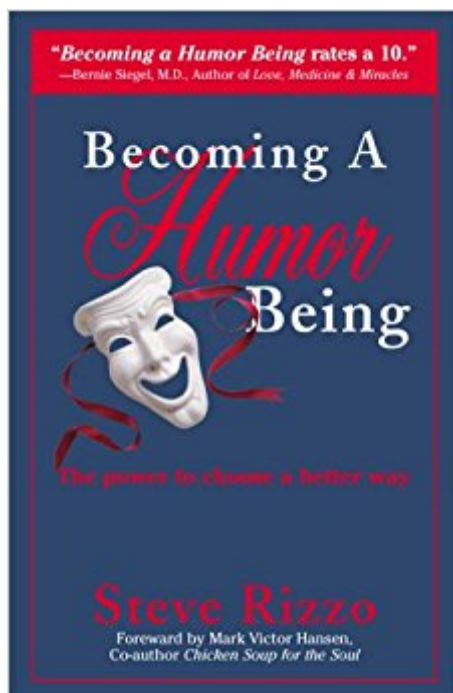


The book was found

Becoming A Humor Being: The Power To Choose A Better Way



Synopsis

Through his own and other people's stories, Steve Rizzo reveals how humor can affect our perceptions of challenging circumstances and life's tragedies. He shows how humor can short circuit negative thoughts and emotions-before emotional and physical havoc can set in. Inside this book Steve gives us the tools we need to reprogram our way of thinking and to take control of our negative emotions. The only criterion is for each of us to love ourselves enough to choose to awaken and nurture our humor beings.

Book Information

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Average Customer Review: 4.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #851,065 in Books (See Top 100 in Books) #80 in Books > Humor & Entertainment > Humor > Theories of Humor #956 in Books > Humor & Entertainment > Humor > Self-Help & Psychology #4730 in Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

This book has changed my life as well as everyone's that I have recommended it to. After reading Steve's advice, I now strive not to take life's little setbacks so seriously and to find the humor in difficult situations. I loved the book so much that I purchased Steve's PBS video and loved it even more! Now whenever I'm stuck in traffic I remember Steve's advice to "make it funny" instead of stressing out. I highly recommend both the book and the video to everyone who wants to learn a new approach to dealing with life's setbacks and irritations--large or small.

Great little book. Well written, filled with humorous anecdotes designed to help you relax and enjoy life instead of stressing over it.

This book was purchased for my spouse as she wanted it for her birthday which is 7/3 and she loved the book.

I've struggled with doubt, negativity and anxiety for the last few years. My boyfriend gave this book which he got as a graduation present. I thought it was going to be a normal self-help, motivational book (which haven't helped me much), so I didn't have lots of hope for it..... but I was WRONG. This book is GREAT! He explains how to use your sense of humor to give you (and those around you) a more positive attitude and outlook on stressful situations. Rizzo makes about 3 or 4 key points in each chapter where he explains them simply and clearly, with stories that are easy to relate to. At the end of each chapter he also makes simple bullet points of his key ideas. I love this because I can easily find these pages and use them as quick reminders. His writing style and points are easy to follow. I had so many "lightbulb moments" reading this book. It really makes a lot of sense. I really want to be a "humor being" -- infact, I was made to be! This book helped me to see that and gave me easy and effective ways of using my "humor being" to improve the way I live. I'd recommend it to anybody and everybody. :D

Everyone will benefit from this book. Steve Rizzo shows the reader how to laugh off fear, find humor in change and take a stressful situation and make it easier to deal with. This book would be especially beneficial to people who need to overcome some obstacle in their lives. Steve Rizzo shows us how to use humor to help with the most serious of topics. I especially like the personal story style of the book. It really helps the reader find a connection between the author's life and their own. Like I said in my title, Now I want to become a humor being!

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