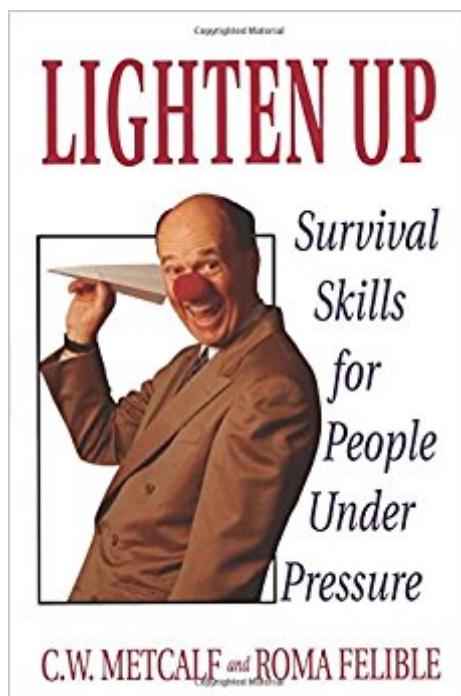


The book was found

# Lighten Up: Survival Skills For People Under Pressure



## **Synopsis**

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.

## **Book Information**

Paperback: 304 pages

Publisher: Basic Books (May 21, 1993)

Language: English

ISBN-10: 0201622394

ISBN-13: 978-0201622393

Product Dimensions: 5.5 x 0.7 x 8.3 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ  See all reviewsÂ  (7 customer reviews)

Best Sellers Rank: #1,143,236 in Books (See Top 100 in Books) #115 inÂ  Books > Humor & Entertainment > Humor > Theories of Humor #1115 inÂ  Books > Humor & Entertainment > Humor > Self-Help & Psychology #2721 inÂ  Books > Self-Help > Stress Management

## **Customer Reviews**

I am buying this book because I went to a CW lecture/performance. He was a truly amazing man who used humor to help people recover from horrific experiences. His relating of the courage of the survivors he worked with showing the absurdity, beauty, sensitivity, fragility and toughness of life is magnificent. The humorous perspective gained by his clients is humbling when you consider the traumas they have coped with. I hope some of these experiences are included in this book. I'll always remember and be grateful for his humor and gift of communication.

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?

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!!!

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.

[Download to continue reading...](#)

Lighten Up: Survival Skills for People Under Pressure  
Lighten Up: Survival Skills for People Under Pressure (A William Patrick Book)  
Pressure Cooker Cookbook: 370 Quick, Easy, and Healthy Pressure Cooker Recipes for Amazingly Tasty and Nourishing Meals (Pressure Cooker, Electric Pressure Cooker Cookbook)  
Pressure Cooker Cookbook: 100 Quick, Easy, and Healthy Pressure Cooker Recipes for Nourishing and Delicious Meals (Pressure Cooker Recipes, Pressure Cooker) (Volume 1)  
Leadership: Management Skills, Social Skills, Communication Skills - All The Skills You'll Need (Conversation Skills, Effective Communication, Emotional ... Skills, Charisma Book 1)  
Vegan Under Pressure: Perfect Vegan Meals Made Quick and Easy in Your Pressure Cooker  
Cooking Under Pressure: The Most Complete Pressure Cooker Cookbook and Guide Fast Favorites Under Pressure: 4-Quart Pressure Cooker recipes and tips for fast and easy meals by Blue Jean Chef, Meredith Laurence (The Blue Jean Chef)  
Comfortable Under Pressure: Pressure Cooker Meals: Recipes, Tips, and Explanations (The Blue Jean Chef)  
Delicious Under Pressure: Over 100 Pressure Cooker Recipes (The Blue Jean Chef)  
Electric Pressure Cooker Cookbook: 25 Best Electric Pressure Cooker Recipes for Busy People  
Communication Skills: 101 Tips for Effective Communication Skills (Communication Skills, Master Your Communication, Talk To Anyone With Confidence, Leadership, Social Skills)  
Out of the Spin Cycle: Devotions to Lighten Your Mother Load  
Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker  
The Big Book of Pressure Cooker Recipes: More Than 500 Pressure Cooker Recipes for Fast and Flavorful Meals  
Electric Pressure Cooker: 365 Quick & Easy, One Pot, Pressure Cooker Recipes For Easy Meals  
Top 500 Instant Pot Pressure Cooker Recipes: (Fast Cooker, Slow Cooking, Meals, Chicken, Crock Pot, Instant Pot, Electric Pressure Cooker, Vegan, Paleo, Dinner)  
Social Skills - Social Fluency: Genuine Social Habits to Work a Room, Own a Conversation, and be Instantly Likeable...Even Introverts! (Communication Skills, Small Talk, People Skills Mastery)  
Leadership: Leader Skills For Communication, Influence People and Business Coaching (Leadership, Influence People, Leader, Business Skills)  
People Tactics: Become the Ultimate People Person - Strategies to Navigate Delicate Situations, Communicate Effectively, and Win Anyone Over (People Skills)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)