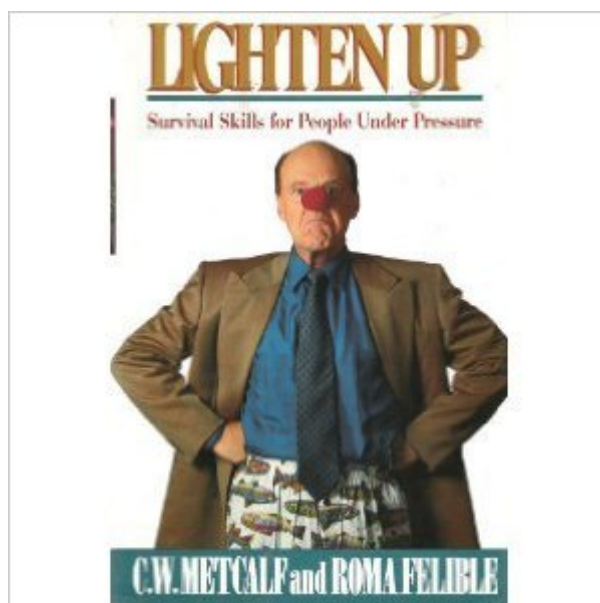


The book was found

Lighten Up: Survival Skills For People Under Pressure (A William Patrick Book)



Synopsis

A guide to becoming more productive, resilient, and stress-free through laughter presents specific skills and proven techniques to develop and maintain a healthy sense of humor in the face of any business problem.

Book Information

Series: A William Patrick Book

Hardcover: 290 pages

Publisher: Perseus Books; First Edition edition (May 1992)

Language: English

ISBN-10: 0201567792

ISBN-13: 978-0201567793

Product Dimensions: 1.2 x 5.8 x 8.8 inches

Shipping Weight: 14.9 ounces

Average Customer Review: 4.0 out of 5 stars [See all reviews](#) (7 customer reviews)

Best Sellers Rank: #1,227,425 in Books (See Top 100 in Books) #121 in [Books > Humor & Entertainment > Humor > Theories of Humor](#) #708 in [Books > Humor & Entertainment > Humor > Business & Professional](#) #1175 in [Books > Humor & Entertainment > Humor > Self-Help & Psychology](#)

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.

Thank goodness I am a fast reader. The three hours spent reading this supposedly enlightening self-help book are three hours of my life I'd like to have back. I found CW Metcalf to be shallow, without substance and wholly unfulfilling. I had really expected to take away some useful ideas for stress reduction and self realization, but instead found myself wondering how much longer this author could go on, and on, and on with the same thing. Other than a few gems of wisdom borrowed from some pediatric cancer patients (any one of which could have written a better book on the topic), there was precious little one could take away as food for thought. Reading a few days worth of Dilbert comics would be more useful for "humor therapy".

It's a shame the only other reviewer as of early 2006 is quick to attack the book on religious grounds. Most societies have religion to thank for their lack of humor. Open up, live a little and prepare yourselves for the shock when u die and find that u didn't have the truth after all.

Humor is an instrument of healing if used properly, not a destructive weapon to be used to put down other people. Such is the philosophy of Metcalf, who along with his wife Roma Felible offer a set of skills built around that claim. The book has strengths and weaknesses. On the positive side, the argument that humor is a healing tonic has validity. They offer evidence of recent scientific studies that support this principle which goes back at least as far as the book of Proverbs in the Old Testament. Some of the skills they offer are doable and can be applied by virtually anyone. The disappointment comes at the end of the book. The chapter about death is NOT from a Christian perspective, but from that of a Buddhist Since Buddha's still in his grave no hope is offered, just a shallow "be positive" which is an awful substitute for the promise offered by Jesus who is NOT in His grave.

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

Lighten Up: Survival Skills for People Under Pressure (A William Patrick Book) Lighten Up: Survival Skills for People Under Pressure 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 Delicious Under Pressure: Over 100 Pressure Cooker Recipes (The Blue Jean Chef) 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) Electric Pressure Cooker Cookbook: 25 Best Electric Pressure Cooker Recipes for Busy People The Nutmeg of Consolation by Patrick O'Brian Narrator Patrick Tull Unabridged CD Audiobook (The Aubrey / Maturin Series, Book 14) The Wine-Dark Sea by Patrick O'Brian Narrated by Patrick Tull Unabridged CD Audiobook (Aubrey Maturin Series, Book 16) The Big Book of Pressure Cooker Recipes: More Than 500 Pressure Cooker Recipes for Fast and Flavorful Meals 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 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) Pressure Perfect: Two Hour Taste in Twenty Minutes Using Your Pressure Cooker 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)

[Dmca](#)