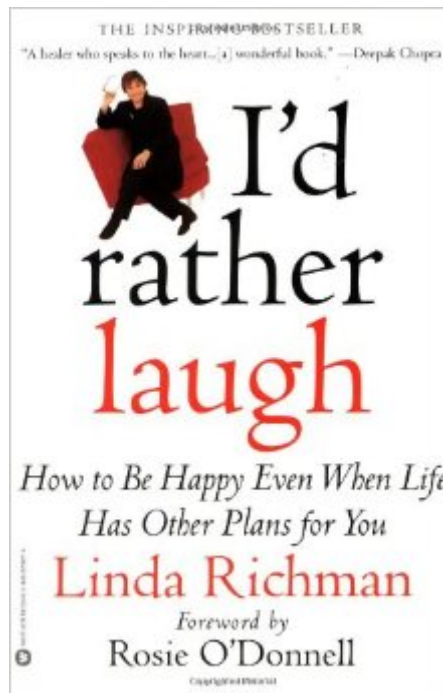


The book was found

I'd Rather Laugh: How To Be Happy Even When Life Has Other Plans For You



Synopsis

The self-described "typical Jewish girl from Long Island" and the most popular speaker at the world-renowned Canyon Ranch Spa presents a tears and laughter guidebook to help readers withstand life's hard knocks.

Book Information

Paperback: 240 pages

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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (94 customer reviews)

Best Sellers Rank: #917,794 in Books (See Top 100 in Books) #93 in [Books > Humor &](#)

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[Self-Help & Psychology](#) #4424 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#)

Customer Reviews

Your Happiness Is There For Good. This is a powerful life altering book in the disguise of a humorous bitter sweet story of a Jewish woman from Queens. I loved it! Linda tells of how she works with many people who you would think are happy because of all their wealth, power and material possessions, but that is not necessarily the case. Wealth, power and material possessions are great to have but having satisfaction, loving relationships and fun is even more rewarding. I found her writing style to be easy to follow and not too philosophical where I could attain the self realization she writes of. I feel I have gained a friendship through reading Linda's book, one which I look forward to visiting with from time to time. I liked where Linda writes "Express all your feelings, sorrow and joy and everything in between. Repressing them makes you numb." To fight or to try and change them just doesn't work. Another wonderful book that came to mind for me is called "Working On Yourself Doesn't Work" by Ariel and Shya Kane. Linda and the Kanes both write of how simple non judgmental noticing of how you are will transform your life. Where you live life directly as a true expression of yourself. I also appreciated Linda's avocation of having lots of fun in your life. I rented two of the movies mentioned in her book and like reading Linda's book I cried, laughed and thoroughly enjoyed myself. I highly recommend buying and reading both "Working On

"Yourself Doesn't Work" by the Kanes and "I'd Rather Laugh" by Linda Richman.

i just finished reading this and i'm exhausted from laughing and crying. linda's wit and wisdom have lifted my own spirits. i just loved this book.. she's funny, smart, witty and has lived through what most of us have lived through and much more. she seems to be able to talk to you as you would to a best friend.. i admire her strength, vulnerability and courage but most of all i loved her honesty. she exposes a heart that has been broken and repaired many times.. her life lessons are a real inspiration. i recommend this book to all of those who have suffered losses of any kind. people who have lost anyone can relate to this book. anyone who has lost a dream will relate to this.. we all hope our lives turn out a certain way and when it doesn't we're disappointed... this book shows us how to return to joy and laughter with some practical help.. nothing airy fairy here. i thank linda for writing this book .

I would recommend this book to anyone who has gone through (or is going through) the hardships of life and still has not found their way out. Linda has a wonderful and funny way of helping us with almost everything that life brings us. She has been to hell and back and she can still laugh. She had me in tears and also laughing so hard, I thought my sides would split. But most of all, she made me think about how I live my life and how I handle all the problems that come my way. It's more than just a self-help book, it's her life story and it's one very good read. Do yourself a big favor today. Buy the book. You will laugh and cry, but you will also learn so much about yourself too.

Earlier reviews led me to believe I was in for a laugh riot that would change my life. And I was really looking forward to this book because I was also agoraphobic for a long time and figured it would be neat to read about someone else's insights about that. I ended up with some mixed feelings about the book. Didn't love it, didn't hate it, but about 3/4 of the way through, I could easily have put it down and not thought about it anymore. I didn't find it funny, the nearly random chronology (where anecdotes are often told twice, with different details) bugged me, and although I sympathized with Linda's problems, I also found them hard to relate to and a bit "much" after a while-- such as her "inability" to write a check because of money phobias (so she has a bookkeeper take care of that pesky issue for her). It did all start to feel self-absorbed, and in several spots, she admits to being nasty to people, having temper tantrums, or purposely trying to wreck their days. She also seems to go through "stages"-- she's a Jew, she's a New Age devotee, she's baptized, she's a celestial bearer of wondrous love... to me, there's a difference between searching and just randomly radically

changing your beliefs every few weeks. Again, these sorts of things came across flaky to me and made it hard for me to relate. But there is good here. A few nuggets that rang true for me. The Sad Sammy/Happy Sammy chapter-- while fairly out of place-- had some smart insights. The "fun is better than no fun" pep talk toward the end, too. So what it comes down to is that it's a memoir with a bit of self-help thrown in. I wish there had been more of it, because what's there is not bad at all.

Linda Richman has been through so much. It's painful to read about some of the tragedies she's endured, but uplifting to see how they've made her a stronger person. Her advice is excellent, her writing is engaging, and the help she gives in dealing with adversity has made me a stronger person. I am now able to use the tools she writes about in her book in my own life. Before I read this book, I did not know how to deal with the pain of some of the things that have happened to me. Linda has shown me how to have courage, humor and strength, and I truly believe that reading her book saved me from going over the edge.

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