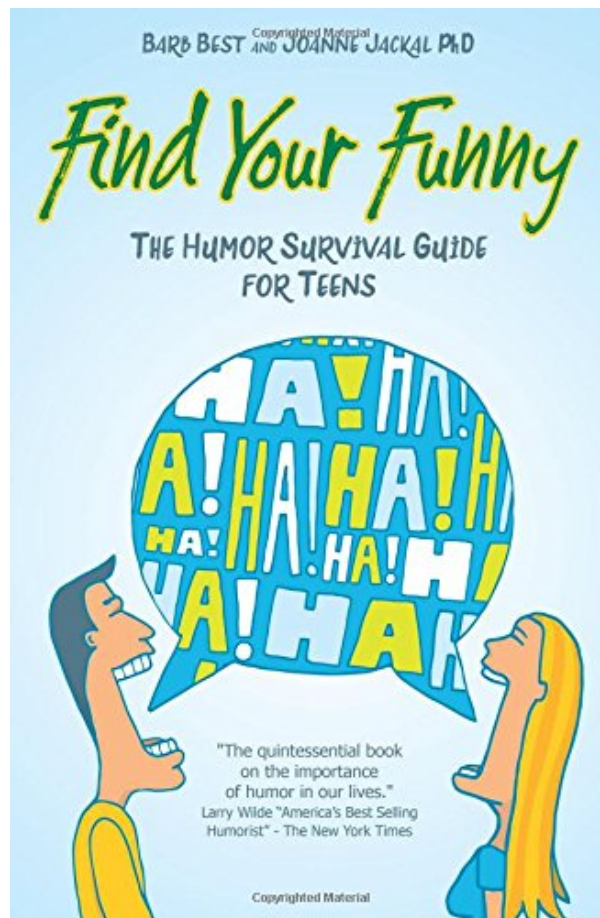


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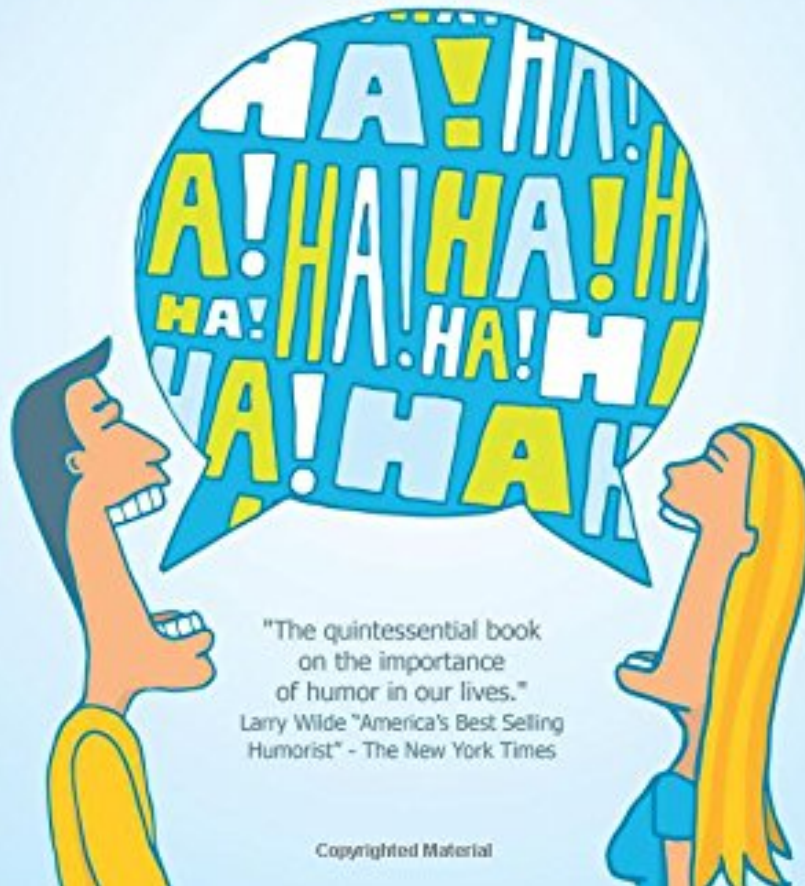
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About the Author

Barb Best feels your pain. A Erma Bombeck GLOBAL Humor Winner and honored twice by The Robert Benchley Humor Competition, her comedy material has been performed by Joan Rivers and published in numerous print and online magazines and newspapers. Her humor blog appears on Guy Kawasaki's Alltop "Best of the Best" along with The Bloggess, McSweeney's, and The Onion. YOU barely need to be literate to enjoy her eBooks 100 Fast & Funny: Ha-Musings by Barb Best, SMILES TO GO: Take-out for the Smile Hungry, Find Your Funny: The Humor Survival Guide for Teens, and her essays in humor anthologies My Funny Valentine, My Funny Major Medical, and Your Glasses Are On Top of Your Head - all available on Amazon. ENABLE her to turn your hassles into humor. Subscribe to her popular blog "I Feel Your Pain!" at BarbBest.com and feel the joy. Barb is a health & humor advocate who is active with AATH - The Association of Applied & Therapeutic Humor, and supports health and humor nonprofits RxLaughter and ComedyCures. Joanne Jackal, PhD is a psychotherapist with more than twenty-five years experience treating children, adolescents and young adults for mental health and substance abuse problems. Her dynamic therapeutic approach utilizes elements of positive psychology, mindfulness, and cognitive therapy and is informed by an early career in New York City as a stand-up comedienne. Who says therapy can't be fun? Dr. Jackal is proud to be associated with Good Grief, a counseling center serving children and families experiencing the loss of a family member.

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No Kidding! A humor survival guide for ages 12 and up. This fun guide will help you develop a robust sense of humor and empower yourself with the positivity of humor. A sense of humor is learned. It is a skill you can use all of your life. There are techniques and strategies to get you thinking and seeing funny. Learn to share your humor with others, connect, and make friends. Make this survival guide your new BFF and start enjoying the many physical, psychological, and emotional benefits of laughter. Includes a "Got Laughter?" Quiz, Cool Comedy Pages, and Fun Facts. This guide is co-written by Barb Best, an award winning comedy writer and Joanne Jackal, PhD, a psychotherapist and former stand up comedienne. "The quintessential book on the importance of humor in our lives." - Larry Wilde, "America's Best Selling Humorist" - The New York Times

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Barb Best feels your pain. A Erma Bombeck GLOBAL Humor Winner and honored twice by The Robert Benchley Humor Competition, her comedy material has been performed by Joan Rivers and published in numerous print and online magazines and newspapers. Her humor blog appears on Guy Kawasaki's Alltop "Best of the Best" along with The Bloggess, McSweeney's, and The Onion. YOU barely need to be literate to enjoy her eBooks 100 Fast & Funny: Ha-Musings by Barb Best, SMILES TO GO: Take-out for the Smile Hungry, Find Your Funny: The Humor Survival Guide for Teens, and her essays in humor anthologies My Funny Valentine, My Funny Major Medical, and Your Glasses Are On Top of Your Head - all available on Amazon. ENABLE her to turn your hassles into humor. Subscribe to her popular blog "I Feel Your Pain!" at BarbBest.com and feel the joy. Barb is a health & humor advocate who is active with AATH - The Association of Applied & Therapeutic Humor, and supports health and humor nonprofits RxLaughter and ComedyCures. Joanne Jackal, PhD is a psychotherapist with more than twenty-five years experience treating children, adolescents and young adults for mental health and substance abuse problems. Her dynamic therapeutic approach utilizes elements of positive psychology, mindfulness, and cognitive therapy and is informed by an early career in New York City as a stand-up comedienne. Who says therapy can't be fun? Dr. Jackal is proud to be associated with Good Grief, a counseling center serving children and families experiencing the loss of a family member.

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The authors created a primer for young people in order to interest them in their own sense of humor; then allow that humor to build the individuals' health and self esteem. Theory and research are supported by quotes, yet the tone of the work is engagingly conversational.

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They included nice quotes like: "Humor is not a trick, not jokes. Humor is a presence in the world, like grace, and shines on everyone." – Garrison Keillor

Thanks Barb & Joanne

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I love this book...teaching teens about humor. I think alot of teens these days should learn to laugh at themselves, instead of always looking at themselves. **THIS BOOK IS A HEALTHY DOSE OF HUMOR..**and discusses all the benefits ..I am sending one to my neice and her whole high school, for that matter. LOL...Great job, Best and Jackal...You made me want to relive high school. I could of used these humor tips for a healthier attitude, less bullying, and a prom date. LOL...

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