

Resources on Humor and Laughter
Presented at the 2006 Annual Conference
“Laughter, Love and Wellness” Insight Session

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Websites

Fellowship of Merry Christians (and *The Joyful Noiseletter* epistle/newsletter): www.joyfulnoiseletter.com

Jesus Laughing Art and Gifts: www.jesuslaughing.com

More art of Jesus laughing: www.picturesofjesus4you.com

Association for Applied and Therapeutic Humor: www.aath.org

Story on Sherman Hospital’s Laughter Club:

www.consciouschoice.com/2004/cc1704/laughtermidicine1704.html

Healing the world with laughter: www.hahalogy.com

More on laughter clubs: www.ivanhoe.com/about/p_laughterclub.cfm

and www.worldlaughtertour.com

Therapeutic humor: www.humormatters.com

Books

Holy Humor; More Holy Humor; Holy Hilarity; and More Holy Hilarity, all books by Cal and Rose Samra and available through the Fellowship of Merry Christians at its Website above.

Didn’t My Skin Used to Fit? By Martha Bolton (about life and laughter after age 40), also available at www.joyfulnoiseletter.com

Humor for a Friend’s Heart by various humorists and available through the Fellowship of Merry Christians Website listed above.

Cooking with Hot Flashes by Martha Bolton from

www.joyfulnoiseletter.com

Joy that Never Fades by Ann Ball (joy and humor among the early Christian saints) available at www.joyfulnoiseletter.com

I found these in the library but haven’t read them:

The Joyful Christ: The Healing Power of Humor by Cal Samra

Snickers from the Front Pew by Todd and Jedd Hafer

Peace and Quiet and Other Hazards by Ethel Barrett

Help! I’m Laughing and I Can’t Get Up by Liz Curtis Higgs

Grab the Extinguisher, My Birthday Cake’s on Fire by Patricia Lorenz

Faith, Hope and Hilary by Dick Van Dyke

Espresso for a Woman's Spirit: Encouraging Stories of Hope and Humor by Pam Vredevelt

Laughing Out Loud and Other Religious Experiences by Tom Mullen

Movies

There are many comedies that can create laughter. Just as it can be helpful to rent a sad movie when you are feeling down but are unable to cry, it can be good for your spirits to rent comedies that will make you laugh uproariously.

One movie that was directed to healing and laughter is:

Patch Adams starring Robin Williams as a doctor who believes in the healing power of laughter.

Watch re-runs of *I Love Lucy* or the *Dick Van Dyke Show* and other TV comedy series.

Videos or footage of comedians. Norman Cousins, former chair of the editorial board of *Saturday Review*, wrote a book called *Anatomy of an Illness* in which he describes how he laughed his way to recovery. Doctors told him his illness would be fatal. He got footage of **Marx Brothers Films** and of the **Candid Camera TV show** as well as books on humor. He said "20 minutes of genuine belly laughter had an anesthetic effect" and gave him two hours of pain-free sleep too. He went off his pain-killers, took vitamin C and engaged in laughter each day. Within months he was back to work and gradually improved. He called laughter "inner jogging."

NOTE: This is only a partial list of resources. There are many, many resources out there. Go to your local library and look up humor as a topic, and you'll see what I mean. "Google" humor or laughter and you'll see pages of Websites.

Most of all, don't worry about resources; just laugh at life situations and events in your every day settings. Sometimes things aren't funny at the time but become fodder for laughter after the fact. Look for the positive. Enjoy life and all its beauty. This doesn't mean ignoring life's hurts and pain. They're always there. But so is the beauty, the love and the laughter.