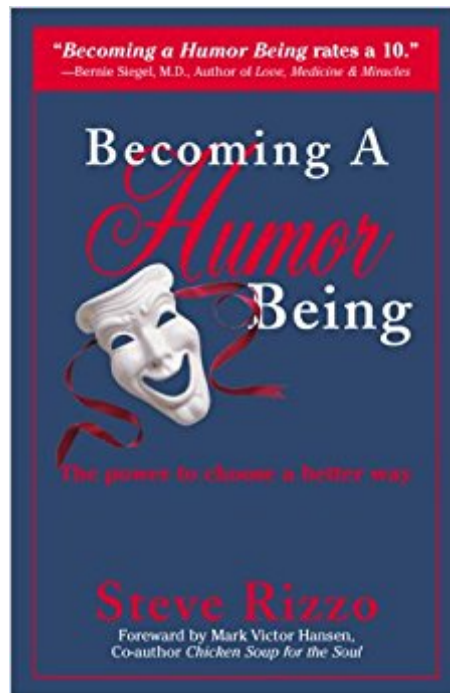




The book was found

# Becoming A Humor Being: The Power To Choose A Better Way



## Synopsis

Through his own and other people's stories, Steve Rizzo reveals how humor can affect our perceptions of challenging circumstances and life's tragedies. He shows how humor can short circuit negative thoughts and emotions-before emotional and physical havoc can set in. Inside this book Steve gives us the tools we need to reprogram our way of thinking and to take control of our negative emotions. The only criterion is for each of us to love ourselves enough to choose to awaken and nurture our humor beings.

## Book Information

Hardcover: 208 pages

Publisher: Full Circle Publishing (October 2000)

Language: English

ISBN-10: 0966989503

ISBN-13: 978-0966989502

Product Dimensions: 5.9 x 0.7 x 8.8 inches

Shipping Weight: 1.6 pounds

Average Customer Review: 4.6 out of 5 stars 5 customer reviews

Best Sellers Rank: #851,065 in Books (See Top 100 in Books) #80 in [Books > Humor & Entertainment > Humor > Theories of Humor](#) #956 in [Books > Humor & Entertainment > Humor > Self-Help & Psychology](#) #4730 in [Books > Health, Fitness & Dieting > Mental Health > Happiness](#)

## Customer Reviews

This book has changed my life as well as everyone's that I have recommended it to. After reading Steve's advice, I now strive not to take life's little setbacks so seriously and to find the humor in difficult situations. I loved the book so much that I purchased Steve's PBS video and loved it even more! Now whenever I'm stuck in traffic I remember Steve's advice to "make it funny" instead of stressing out. I highly recommend both the book and the video to everyone who wants to learn a new approach to dealing with life's setbacks and irritations--large or small.

Great little book. Well written, filled with humorous anecdotes designed to help you relax and enjoy life instead of stressing over it.

This book was purchased for my spouse as she wanted it for her birthday which is 7/3 and she

loved the book.

I've struggled with doubt, negativity and anxiety for the last few years. My boyfriend gave this book which he got as a graduation present. I thought it was going to be a normal self-help, motivational book (which haven't helped me much), so I didn't have lots of hope for it.... but I was **WRONG**. This book is **GREAT**! He explains how to use your sense of humor to give you (and those around you) a more positive attitude and outlook on stressful situations. Rizzo makes about 3 or 4 key points in each chapter where he explains them simply and clearly, with stories that are easy to relate to. At the end of each chapter he also makes simple bullet points of his key ideas. I love this because I can easily find these pages and use them as quick reminders. His writing style and points are easy to follow. I had so many "lightbulb moments" reading this book. It really makes a lot of sense. I really want to be a "humor being" -- infact, I was made to be! This book helped me to see that and gave me easy and effective ways of using my "humor being" to improve the way I live. I'd recommend it to anybody and everybody. :D

Everyone will benefit from this book. Steve Rizzo shows the reader how to laugh off fear, find humor in change and take a stressful situation and make it easier to deal with. This book would be especially beneficial to people who need to overcome some obstacle in their lives. Steve Rizzo shows us how to use humor to help with the most serious of topics. I especially like the personal story style of the book. It really helps the reader find a connection between the author's life and their own. Like I said in my title, Now I want to become a humor being!

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

Becoming A Humor Being: The Power to Choose a Better Way A Positive Attitude is Everything: Tips to Becoming More Positive and Feeling Better Every Day (Changing Your Attitude, Find Your Purpose, Life-Changing Attitudes, Choose Your Attitude) Performing Marginality: Humor, Gender, and Cultural Critique (Humor in Life and Letters Series) Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 The Single Girl's Guide to Marrying a Man, His Kids, and His Ex-Wife: Becoming A Stepmother With Humor And Grace Out at Home: A Choose Your Path Baseball Book (Choose to Win) Pirate Treasure of the Onyx Dragon (Choose

Your Own Adventure #37) (Choose Your Own Adventure (Paperback/Revised)) Dino Lab (Choose Your Own Adventure - Dragonlarks) (Choose Your Own Adventures Dragonlarks) Ghost Island (Choose Your Own Adventure - Dragonlark) (Choose Your Own Adventure. Dragonlarks) The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier The Essential Scratch & Sniff Guide to Becoming a Whiskey Know-It-All: Know Your Booze Before You Choose Sleep Smarter: 21 Essential Strategies to Sleep Your Way to a Better Body, Better Health, and Bigger Success Can You Survive Being Lost at Sea? (You Choose: Survival) Choose to Matter: Being Courageously and Fabulously YOU Becoming Me: Becoming Me by Caitlin O'Connor (Diary of a Teenage Girl Book 1) 50 Things to Know About Becoming a Virtual Assistant: The Secrets to becoming a Great Virtual Assistant The Healing Power of Humor: Techniques for Getting Through Loss, Setbacks, Upsets, Disappointments, Difficulties, Trials, Tribulations, and All That Not-So-Funny Stuff Laugh After Laugh: The Healing Power of Humor

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)