



Find Your Funny: The Humor Survival Guide for Teens

Barb Best

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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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