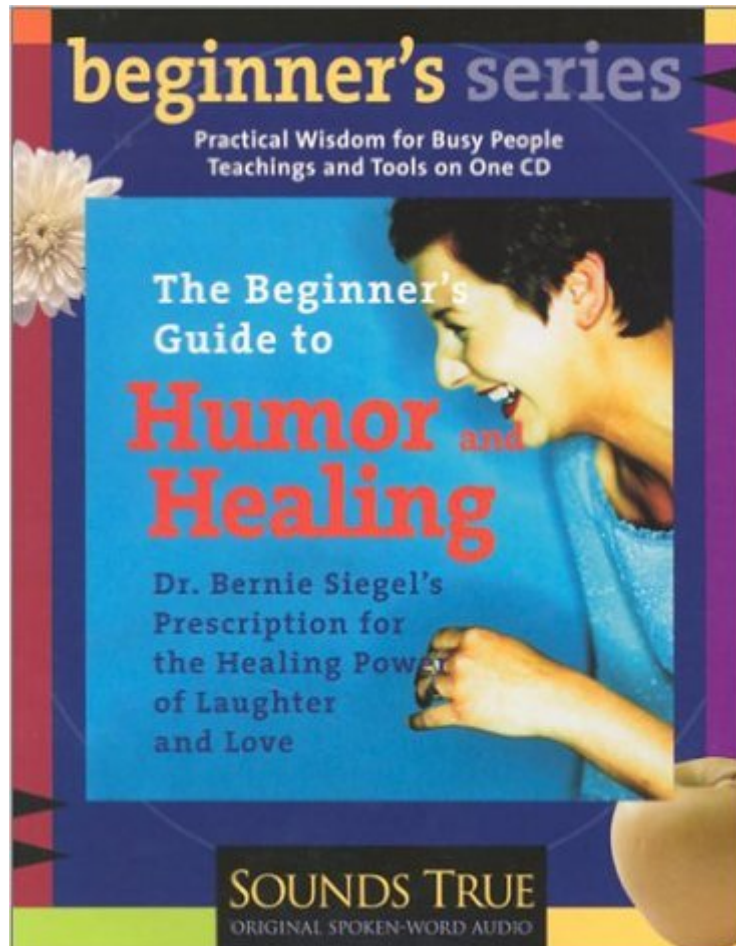


The book was found

The Beginner's Guide To Humor And Healing



Synopsis

When Dr. Bernie Siegel tells a joke, it's not only funny, it's good medicine. Now this pioneering physician and author of the New York Times bestseller *Love, Medicine, and Miracles* uplifts our hearts and tickles our funny bones once more, with *The Beginner's Guide to Humor and Healing*. From how love helps us lead longer, more productive lives, to fascinating research about laughter's ability to boost the immune system, to true stories of miracles of spontaneous remission in terminally ill patients, here is a life-affirming house call with America's favorite stand-up physician.

Course objectives: Identify biochemical benefits of humor
Summarize basic concepts of the importance of humor in healing
Practice guided meditation exercise
List several practical suggestions to support healing

Highlights: How laughter can improve your health
Lessons from exceptional patients
Where the "magic" in life comes from
Plus true stories of joy, love, and healing

Note: Excerpted from the full-length audio course *Humor and Healing*.

Book Information

Series: Beginner's (Audio)

Audio CD

Publisher: Sounds True; Unabridged edition (December 1, 2002)

Language: English

ISBN-10: 1591790212

ISBN-13: 978-1591790211

Product Dimensions: 6.8 x 0.8 x 7.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (3 customer reviews)

Best Sellers Rank: #638,035 in Books (See Top 100 in Books) [#63 in Books > Books on CD > Humor](#) [#63 in Books > Books on CD > Health, Mind & Body > Fitness](#) [#64 in Books > Humor & Entertainment > Humor > Theories of Humor](#)

Customer Reviews

I have purchased this in cassette and cd form (twice), a download --- and others beg soft-touch me to let them borrow it and then to allow them to loan it out, so after another disappearance, I will be purchasing two MORE copies, and one will not be allowed to leave the house! You will laugh a lot, cry some, and find hope and a special peace, no matter what you or your loved ones situation is. It is likely to change your life (I am serious).

I love all of Dr. Bernie Siegel's books and cds .

A great cassette tape, delivered right on time

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The Beginner's Guide to Humor and Healing Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word Tell Me Where It Hurts: Humor, Healing and Hope in my Life as an Animal Surgeon The Healing Power of Humor Prescription for Nutritional Healing: the A to Z Guide to Supplements: Everything You Need to Know About Selecting and Using Vitamins, Minerals, ... Healing: A-To-Z Guide to Supplements) Romantic as Hell - Tales of Woe, Tips of Woo: An Illustrated Guide for the Romantically Challenged (Comedy, Humor, Short Stories) Gemstone Healing: How to choose and use the right crystal and healing technique Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools An Adventure in Healing and Wholeness: The Healing Ministry of Christ in the Church Today Crystal Wisdom Healing Oracle: 50 Oracle Cards for Healing, Self Understanding and Divination Music for Healing and Unwinding: Two Pioneers in the Emerging Field of Sound Healing Meditations and Music for Sound Healing: A Leading Oncologist Explores the Healing Power of Sound (Sound Medicine) Healing: The Three Great Classics on Divine Healing Healing a Parent's Grieving Heart: 100 Practical Ideas After Your Child Dies (Healing a Grieving Heart series) Encyclopedia of Native American Healing (Healing Arts) Native American Healing Meditations: Guided Practices to Invoke the Spirit of Healing The Mindbody Prescription: Healing the Body, Healing the Pain Healing Sex: A Mind-Body Approach to Healing Sexual Trauma

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