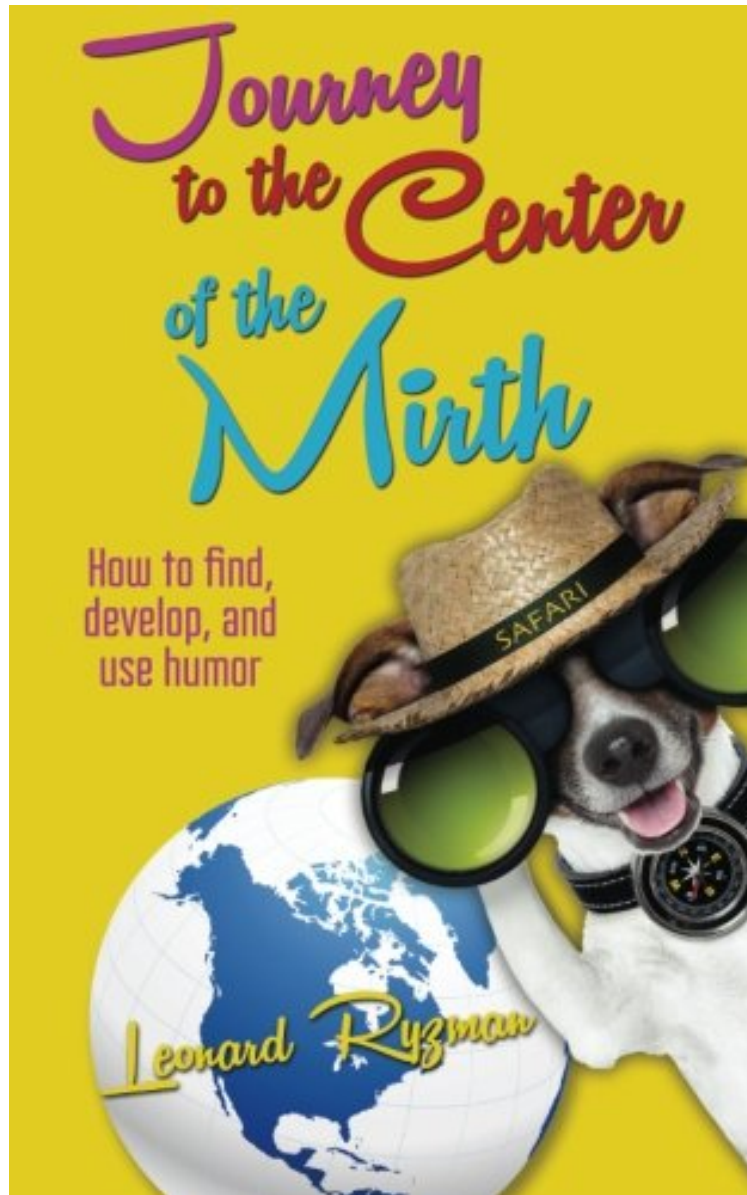


(Mobile book) Journey to the Center of the Mirth: How to find, develop, and use humor

## Journey to the Center of the Mirth: How to find, develop, and use humor

*Leonard Ryzman*

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**Leonard Ryzman : Journey to the Center of the Mirth: How to find, develop, and use humor** before purchasing it in order to gage whether or not it would be worth my time, and all praised Journey to the Center of the Mirth: How to find, develop, and use humor:

0 of 0 people found the following review helpful. A brief, practical guide to getting more humor into your life By Grady Harp Author Leonard Ryzman has published four self-help books ALL YOU NEED IS LIFE, AMER I CAN, THE LAUGH SUPPER, MAKE YOUR OWN RAINBOW and now JOURNEY TO THE CENTER OF MIRTH. In addition to these books he has also written humorously for magazines, newspapers, theatre and radio, as well as covering serious matters such as sport. A popular public speaker who encourages people to find their inner self and worth with such humorous yet challengingly serious phrases such as "If at first you DO succeed, try not to look astonished." Humor is a key to his success both as an inspirational speaker and as a writer. His specialty - helping people believe in themselves and convert the negative into positive. Though there is a plethora of self-help books - sound advice on how to realize and become the solid person within each of us, few accomplish this as successfully as Leonard. In his Introduction he sets the stage for his message This humor handbook is a practical guide to getting more humor into your life. It will help you enjoy more of its benefits; notice more humor in the same situations of your life; and learn to create your own humor. Additionally, there is a section for presenters - speakers, trainers, lecturers, teachers and anyone who not only wants to find or create humor, but develops it to use in formal presentations. We will look at how to maximize its effectiveness. We will also briefly cover a little background and research information on the subject, to gain some understanding of what is going on when we experience humor. Whether you just want to expand your own humor experience, or learn more about communicating with humor, I hope you enjoy the ride. His book covers the following Humor as a strategy for living, Research findings to be laughed at, Communicate creatively with comedy, How to find humor, How to develop humorous material, Childish humor (out of the mouths of babes), Lateral thinking and humor, Sticks and stones may break our bones, but the right words can make you laugh. And in his inimitable manner of writing and communicating, Leonard closes with these comments PK Shaw said, A sense of humor is as important to life as shock absorbers are to a car; it helps us over the bumps. This book started with the question: Do you have a sense of humor? Lets finish with a related statement to contemplate: The ultimate test of whether you possess a sense of humor, is your reaction when someone tells you that you dont. This is a very readable and stimulating guidebook from a man with a keen sense of humor and a conviction about life and communication that he warmly shares. Highly Recommended. Grady Harp, August 17 0 of 0 people found the following review helpful. Not Very Humorous By Amanda Dawn The book Journey to the Center of Mirth: How to find, develop and use humor by Leonard Ryzman promises to help us be able to find humor and use it whether in every day life or as a speaker. It draws from a variety of sources to help us see how to find or write our own humorous stories or jokes. However, after that I am largely confused how it would be helpful to speakers and I wasn't really sure what the point of the writing was at the end of this short read. I love to tell funny stories and I find that humor has helped me through a lot of things in my life so I was interested in reading this. I think it was helpful showing us why laughter is important and healing in our lives and I think it did a good job covering the different sources one might draw humor from. I did not really see any ways we could develop humor unless it was supposed to be the endless pages of proverbs and sayings the author encouraged us to find alternative endings or add-ons to help make the saying humorous. Even then most of these funny sayings really weren't always very funny, just kind of a play on words one might smile over as a pun. I didn't really see any other sources of humor used that would have been really funny like a comedy is on TV. I really couldn't find any way this humor could be used especially for a speaker. There was only one place in the book I found the author addressed speakers after including them in the intro and that was how to connect something funny that didn't deal with their topic of interest. The book seemed to be well written style wise and edited. Most of the book is just blank pages with those sayings on them for you to re-write. I just wasn't overly impressed by this one. I have read a couple of the other authors books and while they didn't strike me as the best books ever I could at least appreciate what the author was trying to do but this one just wasn't one that I found any substance to or enjoyment in. I can give it points for at least breaking down into chapters that made sense and the fact that the writing wasn't incoherent but that is about it. 0 of 0 people found the following review helpful. I love to laugh as much as the next person By Julie Baswell This is the fourth book that I have read by this author. Each of them was about humor, or motivation using humor as a tool. This one was along the same line. It had humor at its core, the same as all the others, the only difference was that this book was closer to teaching you to see and use humor daily in everything you do. The health benefits you gain from humor is just one of the reasons for keeping or adding it to your life. There are so many more as I'm sure you're aware of. I love to laugh as much as the next person. Sometimes humor comes easy for me, but other times it doesn't. I like how the author gives strategies and guidelines to help get past those times. I enjoyed the metaphors used throughout the book to describe the different aspects of humor. The exercises Mr. Ryzman suggests really do help the mind to think in terms of laughter. I've tried a few just to bring a spark of humor to conversations with success. That being said, I think anyone who reads this book will take away strategies that will help them in their daily lives and conversations.

JOURNEY TO THE CENTER OF THE MIRTH - How to find, develop, and use humor. This mini humor handbook is a brief, practical guide to getting more humor into your life. Use humor as a strategy for living. It will ensure that you can enjoy its benefits. Notice more humor in the same situations of your life. And learn to create your own

humor. There is also a section for presenters - speakers, trainers, lecturers, teachers and anyone who not only wants to find or create humor, but develop and use it in formal presentations. This book looks at how to maximize its effectiveness, and is especially suitable for those who enjoy getting some practical advice from a very quick read. Also included is a little background and research information on the subject, to gain some understanding of what is going on when we experience humor. Whether you just want to expand your own humor experience, or learn more about communicating with humor, enjoy the ride - a journey to the center of the mirth. Nothing can keep you down, if you let humor lift you up!

An interesting and thought-provoking book about the advantages of humor, and how important it is in forming and maintaining relationships, and in broaching sensitive topics. Author Leonard Ryzman took an explanatory approach, and I love the insertion of various anecdotes and jokes in this informative handbook, which is good for budding comedians as well as stalwarts, and it is recommended to all readers. Valerie Rouse for Readers' Favorite About the Author Leonard Ryzman has written humor for magazines, newspapers, theater and radio. His entertaining presentations have made him a popular speaker at conferences. He has also written inspirational non-fiction works, and his other books include THE LAUGH SUPPER, ALL YOU NEED IS LIFE, AMER I CAN, and MAKE YOUR OWN RAINBOW.