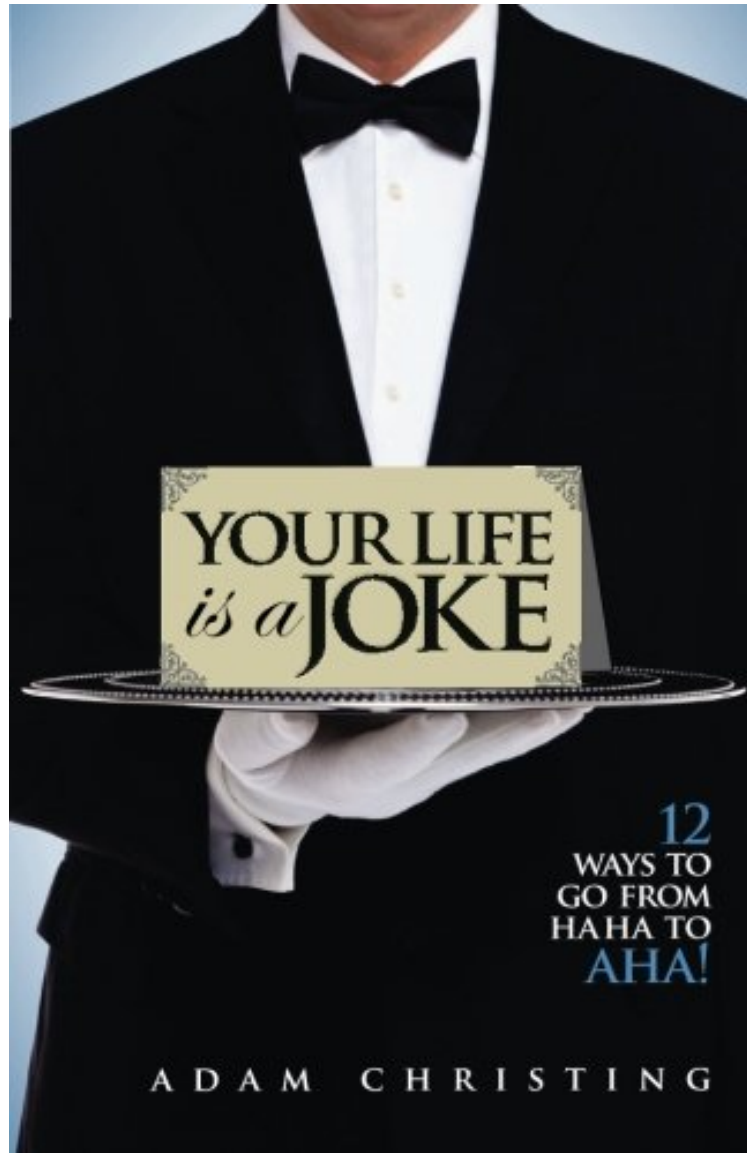


(Mobile book) Your Life is a Joke: 12 Ways to Go from Ha Ha to Aha!

Your Life is a Joke: 12 Ways to Go from Ha Ha to Aha!

Adam Christing

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Adam Christing : Your Life is a Joke: 12 Ways to Go from Ha Ha to Aha! before purchasing it in order to gauge whether or not it would be worth my time, and all praised Your Life is a Joke: 12 Ways to Go from Ha Ha to Aha!:

5 of 5 people found the following review helpful. A new twist on self-help that ain't no joke!! By cheri najor As a self-proclaimed "self-help" junkie, I've read just about everything there is to read on how to be happy and live an inspired

life. So when a friend recommended I read "Your Life is a Joke", I admit it -- I was skeptical. But hey, I needed a good fix and hoped to learn something new. And much to my surprise and delight, I did. And THEN some. I learned that the only thing standing between me and the life I've always wanted is my set up. (Who the bleep knew?) I learned that my life is a lot like the Wheel of Fortune -- the way I spin it determines if I land on "bankrupt" or "\$5,000." It's all up to me. I laughed, I paused and reflected on my life, and when I put the book down, I felt something I hadn't felt in a long time. Hopeful. If it's to be, it's up to me isn't just a pithy quote. Adam's smart, fresh insights, hilarious stories and obvious wisdom from years of working the program make this book a standout in the self-help genre. Five stars from a skeptic turned raving fan... and that ain't no joke! ~ Cheri N. from Bloomfield Hills, MI

2 of 2 people found the following review helpful. Smart, Funny Writing to Help Change the Way You Look at Things By Alex Prosper What a complex little gem this book turned out to be. I really admire how Christing was able to create such an approachable book that is both easy to read and deeply resonant at the same time. I'm savoring and re-reading some of the chapters, to give myself a chance to let it all sink in and feel those great aha moments. The book reads like an easy-going talk with a wise, funny and experienced friend, and it's also arranged into chapters organized around one of the concepts that defines our lives, including money, goals and relationships. At the end of each chapter, the author gives a number of challenges or questions to prompt deeper inquiry or thinking. It's amazing how much of our thought patterns are fear or habit based when you start questioning why we do certain things in certain ways. The impact is partly motivational and in large part a prompt towards a personal paradigm shift. In many ways the book shakes up your status quo, and just as good jokes do, turns your thinking just a bit off kilter to help you realize that barriers or problems are rooted more in how we think than about any sort of reality we are stuck with. Through a combination of changing the way we see things, confronting our fears, relaxing the way we are choking the joy out of ourselves, releasing our grasp on old feelings and ways, experimenting with new intentions, and clarifying our true desires, we can both make change and simply change how we feel about our lives to create more happiness and more of what we want out of life. It's a lot easier and more fun than what Christing describes it...that's his gift, an ability to make the complex approachable and enjoyable. The book itself is well-designed, thoroughly edited, is substantial and feels great in your hand. The writing is stellar and polished, and the narrative includes personal anecdotes from show business and parenthood plus quotes, jokes and stories. Very well done.

2 of 2 people found the following review helpful. PLEASE...Don't let this happen to you! By Tim F Have you ever been casually introduced to someone, without giving them much of a second thought, only to find out later that they are actually a very important person? That's exactly how I feel about this book. I got this book as a gift and I didn't expect much more than a few laughs, but what I got was nothing short of a revelation. It's a very quick, enjoyable read, but honestly...I can get a fun read lots of other places. This book is different...The chapter on money hit me hard. I found myself questioning some fundamental beliefs about my career choices and I became aware of a pattern in my life that I had never before recognized. After I read that chapter, I went back and took a deeper look at this book. I STRONGLY recommend that you read this book more than once. When I read it again from the beginning, I was astonished by the depth of insight that I had skimmed over previously. This book is absolutely in disguise. The fun, conversational tone obscures a very palpable wisdom that I almost missed. Don't make the same mistake I did. Take this "book full of laughs" AS SERIOUSLY AS POSSIBLE because the action items and insights in here are nothing short of transformational. I wish I could grab each reader by the shoulders, look them in the eye, and tell them to go deeper.

Your Life is a Joke is the world's first stand-up comedy self-help book. Comic-philosopher, stand-up comedian and professional magician, Adam Christing, has spent 25 years making audiences laugh ... and learn. He will take you from HA HA to "AHA!" as he shows you how the meaning in your life can actually be found in a joke. You'll discover how the secrets of comedy and magic can help you see yourself in a brand-new way. Now YOU can have the last laugh.