



Humor Therapy: The Art of Smiling for Others

David Mann

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David Mann found his calling early in life by making others laugh as a class clown.

He went on to become a professional humor therapist. He shares the gift of laughter and how it transformed his life in this guide to making people smile.

You may laugh out loud as you read about the pranks he played as a kid, which taught him how humor can be used-and misused. He honed his comedic skills as a camp director helping youngsters and as an adult seeking to navigate life's everyday challenges.

As you read, you'll learn how to:

- apply techniques that result in healing humor outcomes for loved ones;
- experiment with questions, recipes, puns, poems, sight gags, and other tools that result in smiles and laughter;
- uplift others through conversational humor.

Whether it's a mother struggling with a misbehaving child in public, a stressed out teenager in line at the grocery store or a stern-faced executive at the water cooler, the people around you need humor and laughter in their lives. Make them smile with Humor Therapy.

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