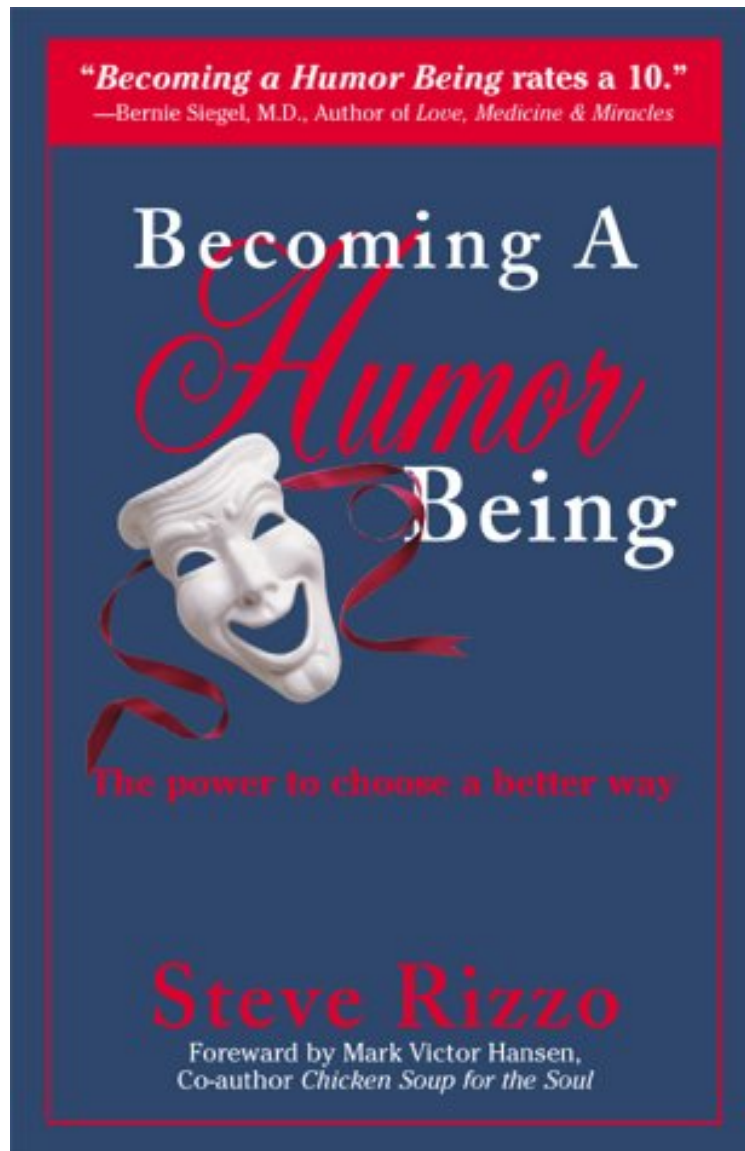


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## Becoming A Humor Being: The Power to Choose a Better Way

Steve Rizzo

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Through his own and other people's stories, Steve Rizzo reveals how humor can affect our perceptions of challenging circumstances and life's tragedies. He shows how humor can short circuit negative thoughts and emotions-before emotional and physical havoc can set in. Inside this book Steve gives us the tools we need to reprogram our way of thinking and to take control of our negative emotions. The only criterion is for each of us to love ourselves enough to choose to awaken and nurture our humor beings.