



# Laughter in a Time of Turmoil: Humor as Spiritual Practice

*Richard P. Olson*

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## **Laughter in a Time of Turmoil: Humor as Spiritual Practice** Richard P. Olson

Here's a different angle on humor-it can be a spiritual practice, an expression of a theology of joy, hope, and grace. Humor is so valuable, for it offers self-care, healing, and renewal, precious gifts in times of pressure and tension. Olson begins by telling of three unforgettable friends who lived their lives with joy and zest-a practice that opened doors and aided their own sense of well-being. Playfully, he continues by exploring the known benefits of humor. Next considered is the amazing variety of humor in the Bible, a basic theology of a laughing God, and the caring ethic of humor that emerges from this theology. Finally, there is a discussion of how this practice of humor enriches worship, caregiving, and administration. *Laughter in a Time of Turmoil* draws to a close considering spiritual disciplines/practices and why humor belongs among these practices. Suggestions are then offered on how to grow in this spiritual practice. Discussion questions are provided for each chapter to help groups enjoy their conversations about the book. This book will help you think and laugh, or laugh and think (take your pick) and then be on your way rejoicing.

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#### **Sara Burns:**

The reason? Because this *Laughter in a Time of Turmoil: Humor as Spiritual Practice* is an unordinary book that the inside of the publication waiting for you to snap that but latter it will zap you with the secret it inside. Reading this book close to it was fantastic author who also write the book in such wonderful way makes the content within easier to understand, entertaining technique but still convey the meaning entirely. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have such as help improving your proficiency and your critical thinking method. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

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