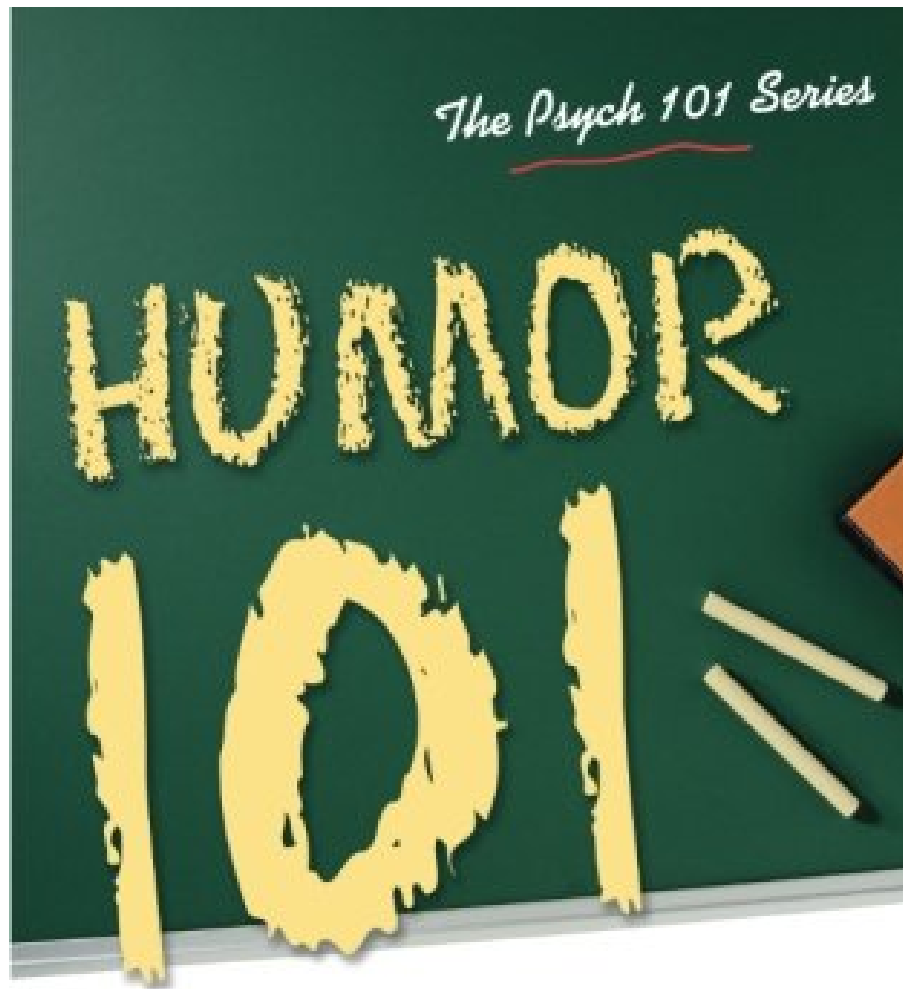


HUMOR 101 (PSYCH 101) BY MITCH EARLEYWINE PHD



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Psychology professor Dr. Mitch Earleywine draws from his personal experiences in stand-up comedy to focus on how humor can regulate emotion, reduce anxiety and defuse tense situations, expose pretensions, build personal relationships, and much more. He irreverently debunks the pseudoscience on the topic of humor and leaves readers not only funnier, but better informed.

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FIRST!

By C. Montanye

I am a recent graduate of SUNY Albany, where I have taken two of Dr. Earleywine's classes. Dr. Earleywine is an exemplary professor. He is exactly the type of person you want future leaders to be educated by. His

record, class size, and attendance echo that statement.

What makes him so special is his ability to think on his feet, and control a room. In his classes he is the sole object of attention and of great influence to his students. His ability is not only due to his wealth of knowledge, which many educators can claim, but also because of his ability to appropriately use humor to command the attention of students.

These unique abilities make him exactly the right person to author a book on humor.

In *Humor 101*, Mitch has crafted a text that walks the tight rope of being empirically informative, yet not overwhelming, while at the same time, being funny without being distracting.

The key to *Humor 101* is its practicality. While it contains important research on theoretical models of humor and linking humor to personality, it's greatest contribution to me as a student was the text's ability to demonstrate the power of humor applied to everyday life.

A perfect example from Chapter 7 of the text:

"Humor can have direct effects on physical health and psychological well-being; it can buffer folks against the slings and arrows of daily hassles. When applied with appropriate finesse, it can help in bargaining and business and marriage and friendship and dating - too bad it doesn't help long sentences." - M.E.

Humor 101 is by far Dr. Earleywine's finest work since 'Understanding Marijuana'.

2 of 2 people found the following review helpful.

Easy read and informative

By Rachel Estes

I bought this book for a college class and it's short and easy to read and understand. I would recommend this book.

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