Clarion Review

Self-Help

The 7 1/2 Habits of Highly Humorous People
David M. Jacobson
Philip Rubinov-Jacobson, illustrator
Virtualbookworm.com Publishing
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Four Stars (out of Five)

"To think my wife cheats on me just because she sometimes comes home at 6 a.m. and hasn't had sex with me in two years is just silly" Jacobson writes. This hypothetical example of humorous self talk is a great example of the author's sense of humor.

Jacobson's book *The 7 Habits of Highly Humorous People* is full of these humorous takes on life. The author has overcome many painful experiences at critical times in his life. While these experiences might drive some people to depression resentment or other negative emotions Jacobson has chosen humor to help him through his rough times.

The book outlines Jacobson's habits for living life as a highly humorous person a person who is creative insightful and has people skills. A humorous person also looks for the funny side of all situations—even painful negative ones.

Jacobson has a Masters degree in social work and is a licensed social worker. In addition to his education he has experience working in an intensive care unit and as a psychiatric social worker. He has received the Jim Elliot Award for his bicycling several awards for his poetry and the National Hero Overcoming Arthritis Award from the Arthritis Foundation.

Most of Jacobson's anecdotes are related to his physical condition which he describes as: "…a short slightly overweight Jewish arthritic middle-aged man with thinning scalp spots and graying streaks in his hair." His humorous self talk and habits are filled with many different types of humor not just the self-deprecating kind. There are numerous anecdotes from his hospital work that demonstrate the need to train oneself to find humor in situations. Here's one example: "A toddler walks up to me and throws her diaper at me I respond 'Oh a gift thank you so much!'" Another patient asked the author if he could send a female social worker with large breasts instead so Jacobson left the room stuffed some cloth into his shirt returned to the patient

and said “this is the best I can do.”

Jacobson has packed his book with real life stories hypothetical situations and quotes from others that support his idea that humor can be a lifestyle decision. His humor is sometimes juvenile but never crude. He pokes fun at different groups from time to time but he is an equal opportunity humorist. *The 7 Habits of Highly Humorous People* is a fun read that can help you view life with an eye for humor whether you are young and healthy or balding middle-aged and arthritic.