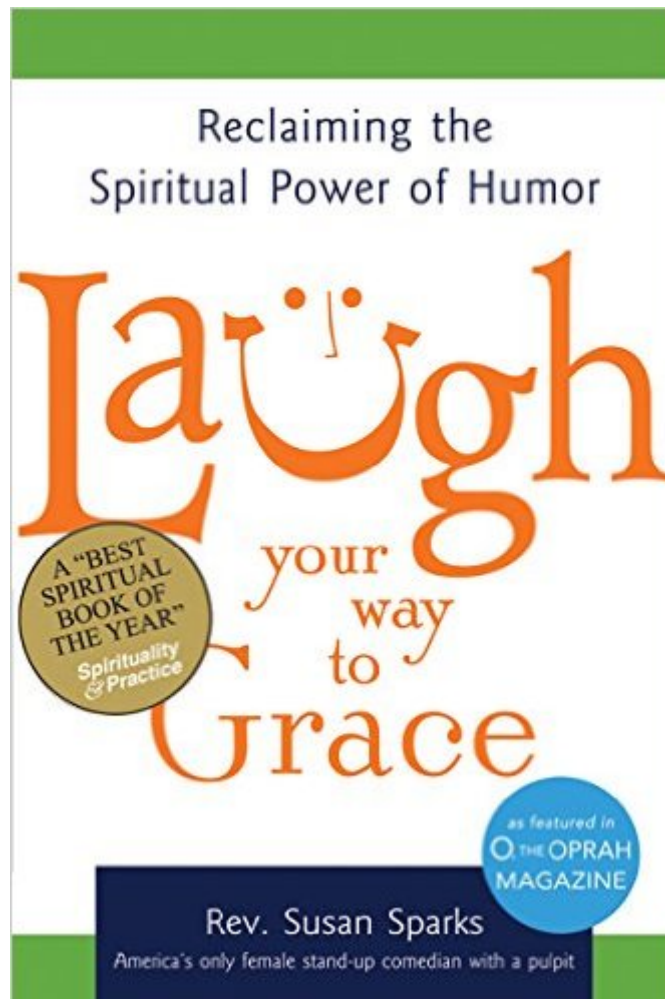


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# Laugh Your Way To Grace: Reclaiming The Spiritual Power Of Humor



## Synopsis

Laughter is the GPS System for the Soul. Laughter was honored by the ancients as a spiritual healing tool and celebrated by the world's great religions. So why aren't we laughing along the spiritual path today? What would happen if we did? In this personal and funny look at humor as a spiritual practice, Rev. Susan Sparks—an ex-lawyer turned comedian and Baptist minister—presents a convincing case that the power of humor radiates far beyond punch lines. Laughter can help you: Remove the fearful mask of a God who doesn't laugh. Debunk the myths that you don't deserve joy. Find perspective when faced with adversity. Exercise forgiveness for yourself and others. Reclaim play as a spiritual practice. Heal—emotionally, physically, and spiritually. Keep your faith when God is silent. Live with elegance, beauty, and generosity of spirit. Whatever your faith tradition—or if you have none at all—join this veteran of the punch line and the pulpit in reclaiming the forgotten humor legacy found in thousands of years of human spiritual history.

## Book Information

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## Customer Reviews

Susan Sparks has done the remarkable: She has written a book that is touching, informative and funny, all at the same time. She has a skilled way of making spiritual and theological concepts accessible to every reader. You will learn something about yourself, others and God from this book. And more importantly, you will have a clearer glimpse into a God who who laughs with us, all the time cheering us on to deeper insights and more fulfilling life. I am in Susan debt for helping me see the God I worship is also one I smile with, and indeed laugh with. God seems closer to me as a result of reading this book. Fr. Edward L. Beck, C.P.[...].

Anyone who has ever seen a baby erupt with belly laughs knows that we humans were created to laugh, no matter how messy our diapers are. God obviously has a sense of humor, but somehow in the process of trying to live our lives as faithful people we've managed to smother a lot of God-sparked joy. So thank God for Susan Sparks! By immersing ourselves in her honest insights, her warm encouragement, and her hysterical stories, we're able to shatter the crust around our hearts that has kept us from fully experiencing the grace of life as God intended.-- Peter Wallace, host and producer of the weekly national radio program "Day1," and author of "Living Loved: Knowing Jesus as the Lover of Your Soul"

Just devoured this book whole... it is wise, wonderful, and a joy to read... think Anne Lamott meets David Sedaris. Incredible!

I bought this book on a whim because it came up as a suggestion. I am so glad I bought it. I love how Susan Sparks uses stories from her own life to show the importance of laughing. She talks about fighting breast cancer, overcoming anger and healing by using humor. I plan on purchasing more copies and giving them away as gifts. This is a great book and I highly recommend it!

Love it! I recommend it to anyone who cherishes their spiritual life and their health (laughter is great medicine). Susan Sparks gives volumes to live by and reflect on, in this book. So happy that it's Kindle friendly!

"Laugh Your Way to Grace" gives you ample logical reasons to embrace humor in your spiritual journey. God is everywhere, especially in the laughter of children and in the many events of our lives, not only at church. This book is blessed and you cannot go wrong in ordering several copies for yourself and your closest family members and friends in their time of need. They will thank you. Highly recommended. Thomas Huynh, founder Sonshi

I laughed out loud more than once while I was reading this and could relate so so much of Ms. Sparks wit and wisdom. I am a Parish Nurse with a rather bizarre sense of humor myself and found this book to be helpful in my own ministry.

Currently reading this book for a spiritual book club at my church. We are enjoying the writer's style

of prose and the thought provoking concepts she tackles. It is simplistically written, which was what we were looking for after some challenging books. However, despite its simplicity, it has allowed for wonderfully deep discussion and dialogue within our group!

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