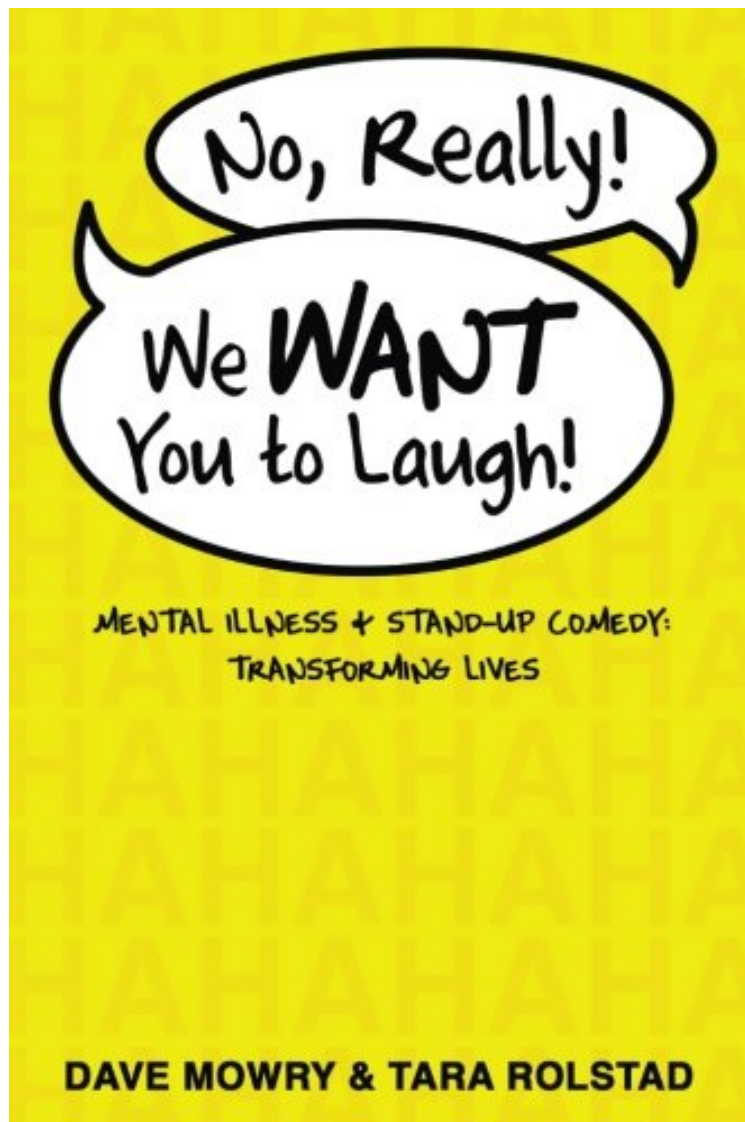


[Free read ebook] No, Really, We WANT You to Laugh: Mental Illness and Stand-Up Comedy: Transforming Lives

No, Really, We WANT You to Laugh: Mental Illness and Stand-Up Comedy: Transforming Lives

Dave Mowry, Tara Rolstad
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Dave Mowry, Tara Rolstad : No, Really, We WANT You to Laugh: Mental Illness and Stand-Up Comedy: Transforming Lives before purchasing it in order to gauge whether or not it would be worth my time, and all praised No, Really, We WANT You to Laugh: Mental Illness and Stand-Up Comedy: Transforming Lives:

8 of 8 people found the following review helpful. Inspirational and transformative - a must read for anyone living with

mental illness or working in mental health! By Kelsey DSAs a mental health practitioner, this book is a breath of fresh air! "No Really! We Want You to Laugh!" provides insight into the lives of those affected by mental illness and how they courageously made the most of their situation through learning and performing stand-up comedy. The personal narratives are thoughtful and captivating, and I found myself laughing and nearly crying as I made my way through the book. Everyone needs to read this book. It is a source of light and hope for those struggling with mental illness and those who love them. It's an inspiring read for those working in the mental health field (I might need to incorporate some stand-up into my practice!). And the message of acceptance and moving past stigma is one that everyone needs to hear. Also, I laughed, so mission accomplished. 7 of 7 people found the following review helpful. this book read like a message of hope and introduced me to a ...

By Michael Foster For me, this book read like a message of hope and introduced me to a new way of thinking about mental illness. My best friend is bipolar. My husband and I are her primary support system after her husband divorced her during a particularly long and scary depression cycle. What could possibly be funny about that? Actually, I don't know – but I think she does. Dave and Tara have written an excellent, easy-to-read, thoughtful and insightful book. I encourage everyone living with or loving a person with chronic mental illness to read, enjoy and share this book. 3 of 3 people found the following review helpful. A Must Read!!!

By Bzylady I bought your book, read it later that night, and just read it again. It made me laugh, cry and think about those I know who have wrestled with some form of mental illness. My Mom suffered greatly and it was something no one was allowed to talk about...we became very adept at hiding what we needed to from all others. The stigma and fears were at time overwhelming...individually and as a family unit. After re-reading your book, I would wish and hope that every family member/nurse/md/caretaker/ will take the time to read this. You and your compadres have done an amazing thing bringing mental illness out of the closet and into the light of day. Things are much easier to face and address with humor and openness. You have my admiration, deep respect and appreciation.

Mental illness can cause isolation, hopelessness, and stigma. It can also be really funny. No, really! In "No, Really, We Want You to Laugh," meet six people who transformed their painful struggles with mental illness through the power and art of stand-up comedy. Whether you live with mental illness or know people who do (and believe us, statistics tell us you DO know people with mental illness), this poignant, funny and refreshing book will give you deeper insight into the heartbreak, challenges and ridiculous moments of life with mental illness. Find out how these comedians took the ugly truth and turned it into comedy, discovering hope, changing lives, and busting stereotypes. Features the stories of people who live with bipolar disorder, depression, anxiety, PTSD, autism, schizophrenia, and their family members.

About the Author Co-authors Dave Mowry and Tara Rolstad: Before comedy, co-author Dave Mowry lived a life of tremendous loss, and years of paralyzing anxiety and depression. The accomplished business owner and CEO lost everything—his companies, his home and his relationships. The power of laughter has transformed Dave's story into one of healing, restoration and hope. Today Dave facilitates Stand Up for Mental Health classes and helps other would-be comics find their funny the way he did. Dave lives near Portland, Oregon with his wife, Heather. You can reach Dave at dave.noreally@gmail.com. Tara Rolstad Nothing prepared co-author Tara Rolstad for the shocking surprises she faced as foster mom to a teenage niece with severe mental illness. Navigating suicide attempts, hospitalizations and lengthy residential treatment stays thrust Tara into trial-by-fire situations not covered in any conventional parenting book. Now as a comic, speaker and writer she gives voice to the experiences of exhausted family members, co-facilitates Stand Up for Mental Health classes with Dave Mowry, and blogs at taratalkstoomuch.com. Tara lives in the Portland, Oregon suburbs with her husband David and three boys. You can reach Tara at tjrolstad@gmail.com. For more information, go to www.noreallywewantyoutolaugh.com.