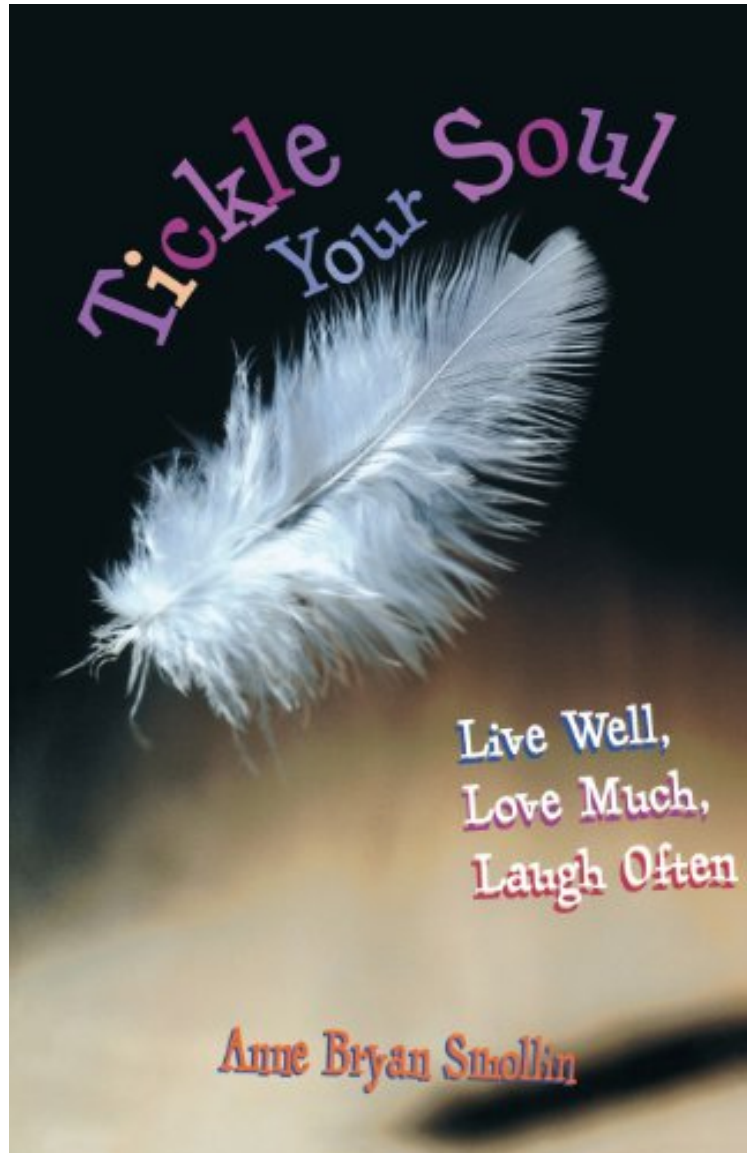


## Tickle Your Soul

*Anne B. Smollin*

*DOC | \*audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#758854 in Books Sorin Books 1999-09-15Original language:EnglishPDF # 1 8.50 x .37 x 5.511, .45 #File Name: 1893732002162 pages | File size: 53.Mb

**Anne B. Smollin : Tickle Your Soul** before purchasing it in order to gage whether or not it would be worth my time, and all praised Tickle Your Soul:

0 of 1 people found the following review helpful. greatBy rltvbThe product came on time and in the condition promised. I was pleased with the service provided by this company/person.0 of 1 people found the following review helpful. Not badBy M. TallmanThis book was pretty good and I would recommend it for some good reading. Got this several years ago. Thanks0 of 2 people found the following review helpful. BookBy Lake womanIt was great fast

service. One crease on front cover no biggy maybe they told me about it, IT was a gift but not a problem. TY buy from this seller!

Captured in a happy blend of psychological and spiritual principles, coupled with anecdotes and folk wisdom, *Tickle Your Soul* delivers joy, health, and wellness. Offering pathways to happier wholesome living, popular speaker and spirituality writer Anne Bryan Smollin enables readers to "wrinkle their faces with smiles" and avoid "drying up their souls like prunes." "We are all born with a sense of humor," Smollin observes, "but it is a gift that we must develop as we age. The payoff is not only joy in our souls, but health and wellness."

From the Back Cover "There's nothing like a good laugh. It tickles our very souls. It smooths out a soul scrunched up with negativity and a lack of enthusiasm." "We are all born with a sense of humor, but it is a gift that we must develop as we age. The payoff is not only joy in our souls, but health and wellness." These are convictions that Anne Bryan Smollin brings to her career as a family counselor and to the pages of this book with its wisdom captured in a happy blend of psychological and spiritual principles, anecdotes, and folk wisdom from around the world. "About the Author Anne Bryan Smollin, C.S.J., (1943-2014) was an international lecturer on wellness and spirituality. Her dynamic public speaking style and natural gift for entertaining sent her far from her Albany, New York, home base to lecture on humor and its effect on wellness, aging, spirituality and stress. A Sister of St. Joseph of Carondelet for 53 years, Smollin earned a bachelor's degree in education from The College of Saint Rose, a master's degree in counseling from the State University of New York at Albany, and a doctorate in counseling psychology from Walden University. She became the first elementary school guidance counselor in Albany, New York, working on early intervention with the school's students, parents, and teachers. In 1975, Smollin set out on the road to bring her message to even more people. As an educational coordinator for an Albany Consultation Center, Smollin presented parental effectiveness training workshops along the East Coast. She also worked as an adjunct professor for six colleges and institutes, teaching courses on humor as a tool to communicate and as a method in stress management. Smollin served as the executive director of the Counseling for Laity center in Albany, which offers guidance for married couples, families, adults, and adolescents, for 33 years until her death.