Humor
A Pathfinder

The Learning Center provides materials for information and convenience only. They are not to be substituted for medical advice. Medical information is often controversial and continually changes. Please talk to your doctor about your specific concerns.

The Learning Center provides a wide range of materials, and each location has different resources. Please call ahead to learn which location has the resources you need.

To learn more or ask questions, please call, email or visit The Learning Center.

Levit Family Learning Center
Mays Clinic
Floor 2, near The Tree Sculpture,
Room ACB2.1120
Monday – Friday, 9 a.m.-4 p.m.
713-563-8010
http://www.mdanderson.org/tlc
Email: asktlcstaff@mdanderson.org

Theodore N. Law Learning Center
Main Building
Floor 4, near Elevator A,
Room R4.1100
Monday – Friday, 9 a.m.-4 p.m.
713-745-8063

Books

Anatomy of an Illness as Perceived by the Patient. Cousins N. W 85 C867a 1979.
Cancer Has Its Privileges: Stories of Hope and Laughter. Clifford C. QZ 200 C367c 2002.
Cancer On $5 a Day* (*Chemo Not Included): How Humor Got Me Through The Toughest Journey Of My Life. Schimmel R. QZ 200 S336c 2008.
A Cartoonist's Guide to Prostate Cancer. Miller P. WJ 762 M649c 2005.
The Courage to Laugh: Humor, Hope and Healing in the Face of Death and Dying. Klein A. BF 789 .D4 K64c 1998.
Don't Get Mad, Get Funny! A Light-Hearted Approach to Stress Management. Jasheway L. WM 172 J39d 1996.
Fifty-Seven Good Things About Chemotherapy. Kalla A. WB 330 K14f 2001.
Hanging Out With Labcoats, Hope, Humor & Help for Cancer Patients and Their Caregivers. Pedicone W. WP870 P371b 2006.
The Healing Power of Humor: Techniques for Getting Through Loss, Setbacks, Upsets, Disappointments, Difficulties, Trials, Tribulations, and All That Not-So-Funny Stuff. Klein A. BF 575 .L3K64b 1989.

© 2006, 2013 The University of Texas MD Anderson Cancer Center, Revised 01/02/13

How Can You Not Laugh at a Time Like This? Reclaim Your Health With Humor, Creativity and Grit. Ulbrich C. WD 305 U36h 2011.
How to … Keep On Laughing! A Guide to Coping Humor for Breast Cancer Patients by Breast Cancer Patients. Salzberg RF. WP 870 H847 2000.
Humor Me: An Anthology of Funny Contemporary Writing. Frazier I. PN 6165 H925 2010.
Humor Me: The Geranium Lady's Funny Little Book of Big Laughs. Johnson B. PN 6165 J66h 2003.
Humor: The Lighter Path to Resilience and Health. McGee P. BF 573 .L3 M145b 2010.
I'd Rather Do Chemo Than Clean Out the Garage: Choosing Laughter Over Tears. Di Giacomo F. QZ 267 D536i 2003.
If the Battle Is Over, Why Am I Still in Uniform? Humor as a Survival Tactic to Combat Cancer. Elsagher B. WI 529 E49i 2005.
I Had Brain Surgery: What's Your Excuse? Becker S. WL 358 B396i 2004.
I Want to Grow Hair, I Want to Grow Up, I Want to Go to Boise. Bombeck E. QZ 201 B6951i 1990.
Laffirmations: 1,001 Ways to Add Humor to Your Life and Work. Goodman J. WB 880 G653l 1995.
The Last Laugh: Fighting Cancer With Wit and Humor. Feldman R. WL 358 F3121 2005.
Laugh! I Thought I'd Die (If I Didn't): Daily Meditations on Healing Through Humor. Schaef A. WB 880 S294l 1990.
Laughter, the Best Medicine: More than 600 Jokes, Gags & Laugh Lines From America's Most Popular Magazine. Reader's Digest. PN 6157 L374 1997.
Laugh 'til It Heals: Notes From the World's Funniest Cancer Mailbox. Clifford C. QZ 266 C637l 2011.
Mama, Get the Hammer! There's a Fly on Papa's Head. Johnson B. PN 6162 J66m 1994.
Medicine Is the Best Laughter. Bosker G. WZ 336 M489 1995.
Medicine Is the Best Laughter: A Second Dose. Bosker G. WZ 336 M489 1998.
Med'toons. Goldberg S. WZ 336 G618m 1999.
The Men's Club: How to Lose Your Prostate Without Losing Your Sense of Humor. Gottlieb B. WJ 752 G686m 1999.
Not Now … I'm Having a No Hair Day: Humor and Healing for People With Cancer. Clifford C. QZ 200 C637n 1996.
777 Great Clean Jokes. Hahn J. PN 6165 H148s 2006.
This Won't Hurt a Bit and Other Fractured Truths in Healthcare. Buxman K. WZ 305 B991T 2000.
A Treasury of Texas Humor. Cannon B. PN 6231 T56 C226t 2000.
Who Needs Hair: The Flip Side of Chemotherapy. Burdine S. WP 870 B951W 2001.

Audio

The Beginner's Guide to Humor and Healing. Siegel B. BF 575 .L3 S571b 2002 CD.
Be Laughter Laughing Laura. Gentry L. WB 880G339la 2011 CD.
The Laugh of Your Life. Matthews J, Asch K. WB 880 M429l 2008 CD.
Laugh Your Way There: A Laughter Yoga Workout for Commuters. Gentry L. WB 880 G339l 2008 CD.

© 2006, 2013 The University of Texas MD Anderson Cancer Center, Revised 01/02/13

Plenty of Pretty Good Jokes. Keiller G. PN 6161 P725 2004 CD.

Video

Here and Now. DeGeneres E. PN 1969 .C65 DVD 3835 2003.
In Other Words. Madigan K. PN 1969 .C65 DVD 3807 2006.

Websites

Good, Clean Funnies List
http://www.gcfl.net
This is a web page and mailing list for distributing one good, clean joke a day. Rate the joke of the day and consult an archive with rated jokes.

Good Clean Fun
http://kcbx.net/~tellswor/
Select jokes for this week or last week, or consult the archive of jokes, which is arranged alphabetically by subject title. There is also a seasonal archive of jokes about New Year's, Mother's Day, Father's Day, Fourth of July, Thanksgiving and Christmas. A dedicated volunteer selects the jokes and maintains the list.

Laughter Yoga
http://tinyurl.com/laughteryoga
This brief video from MD Anderson explains laughter yoga and how it works.

Association for Applied and Therapeutic Humor
http://www.aath.org
This organization supports professionals who use humor to help with healing. Go to *Humor Resources* to see the archive of humorous articles and reading lists of suggested books.

The ComedyCures Foundation
http://www.comedycures.org
Through live events and digital outreach, this organization brings therapeutic comedy programs to kids and grown-ups living with illness, trauma, depression and disabilities. They also support a free LaughLine®: 888-Ha-Ha-Ha-Ha.

© 2006, 2013 The University of Texas MD Anderson Cancer Center, Revised 01/02/13