



# How Can You NOT Laugh at a Time Like This?: Reclaim Your Health with Humor, Creativity, and Grit

By Carla Ulbrich

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Having a sense of humor is essential to health, says singer-songwriter Carla Ulbrich, who has found laughter to be a lifesaver during tough times. Under the stress of multiple illnesses and constant health "care," Ulbrich one day snapped and became the Singing Patient. She channeled her hard won victories, set about reclaiming her health, and penned *How Can You NOT Laugh at a Time Like This?*, a collection of short, inspiring, funny essays that help people thrive and celebrate life despite illness.

As Ulbrich spins her tale (and shares some songs), she lampoons common fears and prejudices about illness and lovingly lambastes the foibles of the medical industry. She offers heartfelt and humorous advice for navigating mainstream and alternative therapies, and she guides partners, families, and friends who wish to help their loved ones. Her candid insights, wisecracking commentary, handy lists, hilarious song lyrics, and gentle camaraderie will put a smile on the face of anyone who wants to face illness with courage and humor.

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## How Can You NOT Laugh at a Time Like This?: Reclaim Your Health with Humor, Creativity, and Grit By Carla Ulbrich Bibliography

- Rank: #1172796 in Books
- Brand: Ulbrich Carla
- Published on: 2011-02-01
- Original language: English
- Number of items: 1
- Dimensions: 7.04" h x .57" w x 5.10" l, .56 pounds
- Binding: Paperback
- 240 pages

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### Editorial Review

#### Review

"While writing a great book on how to recover from illness, Carla Ulbrich wrote an even better book on how to live a healthy and fulfilling life. No doubt, you have a good doctor if you see *How Can You NOT Laugh at a Time Like This?* in their waiting room." --**Michael Stock**, WLRN Radio

"*How Can You NOT Laugh at a Time Like This?* is outstanding....Carla is your guide to navigate the emotionally and technically confusing world of illness with heart, humor, and bite-size chapters. Everyone needs a patient advocate-and now you have one, with this book." --**Robert Aubrey Davis & Mary Sue Twohy**, "The Village," Sirius/XM Radio

"As a doctor, Patch Adams brought to mainstream America the concept of a caring, compassionate, and fun medical staff making a profound difference in the healing of their patients. Now we've been given the gift to hear about it from the patient's perspective. Carla Ulbrich is living proof that bringing fun, play, creativity, and laughter to the healing process does wonders for the mind, body, and spirit. Carla's uncanny wit is infectious-and that's an infection we can all benefit from!" --**Danny Donuts**, CPA (Comic Performance Artist) and member of the Association for Applied and Therapeutic Humor

"I was completely taken with [Carla Ulbrich's] amazing outlook on life, her tenacity, and her passion.... Carla talks to you honestly, on every level, in her book. She also does it with a fantastic sense of humor." --**LuckyYogini.com**

#### About the Author

Comic singer-songwriter **Carla Ulbrich** has taken her music and love of wordplay all over the United States and England. She has appeared on USA TV, the BBC, Dr. Demento, The Bob and Sherrie Show, and Sirius XM Radio. She has recorded five CDs. Ulbrich grew up in Clemson, South Carolina, and now lives in New Jersey.

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