

# How Humor Got Me Through The Toughest Journey Of My Life

I've always been a bit of a joker. I love to make people laugh, and I've always found that humor can be a powerful tool for coping with life's challenges.



## Cancer on \$5 a Day (Chemo Not Included): How Humor Got Me Through the Toughest Journey of My Life

by Robert Schimmel

★★★★☆ 4.6 out of 5

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But I never realized just how powerful humor could be until I was diagnosed with cancer.

I was 35 years old and living a happy and healthy life when I got the news. It was a complete shock. I had no family history of cancer, and I was always careful to eat right and exercise.

But there it was: a tumor in my colon. And it was aggressive.

I was terrified. I didn't know what to do or what to expect. But I knew one thing: I wasn't going to let cancer get the best of me.

So I decided to fight back with humor.

I started by making jokes about my cancer. I joked about the size of my tumor, the side effects of my chemotherapy, and even the fact that I was losing my hair.

At first, it was just a way to cope with the pain and fear. But soon, I realized that my humor was also helping me to heal.

Humor helped me to stay positive and hopeful during a very difficult time. It helped me to connect with other people who were going through similar experiences. And it even helped me to find joy in the midst of my suffering.

I'm not saying that humor is a cure for cancer. But I do believe that it can be a powerful tool for coping with the challenges that life throws our way.

If you're going through a tough time, I encourage you to try using humor to help you cope. It might sound silly, but it really can make a difference.

**Here are a few tips for using humor to cope with adversity:**

- Don't be afraid to laugh at yourself.
- Find the humor in your situation, even if it's dark humor.
- Share your humor with others. It can help them to feel better, too.
- Don't give up. Humor can be a powerful tool for healing, but it takes time and effort.

I'm grateful for the humor that helped me through my cancer journey. It made a world of difference in my life, and I know it can make a difference in yours too.

If you're interested in learning more about my story, I've written a book about it called "How Humor Got Me Through The Toughest Journey Of My Life."

In the book, I share my personal story of overcoming cancer with humor and resilience. I also offer practical tips for using humor to cope with adversity.

I hope you'll find my book to be inspiring and helpful. And I hope you'll never forget the power of humor.

## **Free Download your copy of "How Humor Got Me Through The Toughest Journey Of My Life" today!**

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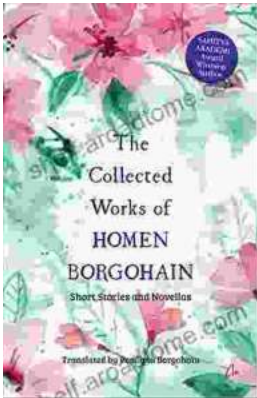
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