



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

Dave Mowry, Tara Rolstad

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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.

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