

Life is full of challenges, from the mundane to the difficult and dangerous. **The Benefits of a Light Heart** is a recipe for action, in which you can reframe your problems as dogs. Dogs, after all, are like our problems – they range from small and innocuous to full-blown, raving monsters.

Rather than be too serious, linger awhile and laugh with Dr Prue Milllear, PhD (and her alter ego, a cat called Professor Hilary Doodlebug), and discover the Barking Dog Index of Problems. Will you find that you have a Red Kelpie (sensible problems), a Poodle (somewhat annoying ones), or something more challenging, like a Blue Healer (getting really difficult) or the top end, the Hounds of Hell (when civil society has been lost)??

Once you've identified your Dog and found ways to get your Problem Dog to sit nicely and behave, you can deal with the FLEAS (Fears, Lies, Exaggerations, Absolutes, and Silences) that make any Dog worse than need be. The next steps to a light heart are to read the science behind the effectiveness of humour as a coping strategy, about well-being and mental health, and finally, to be active in your own life.

Problem solving can be sensible and dry, but why not have some fun with it? Dogs, cats, and laughter - there's not much that can go wrong!



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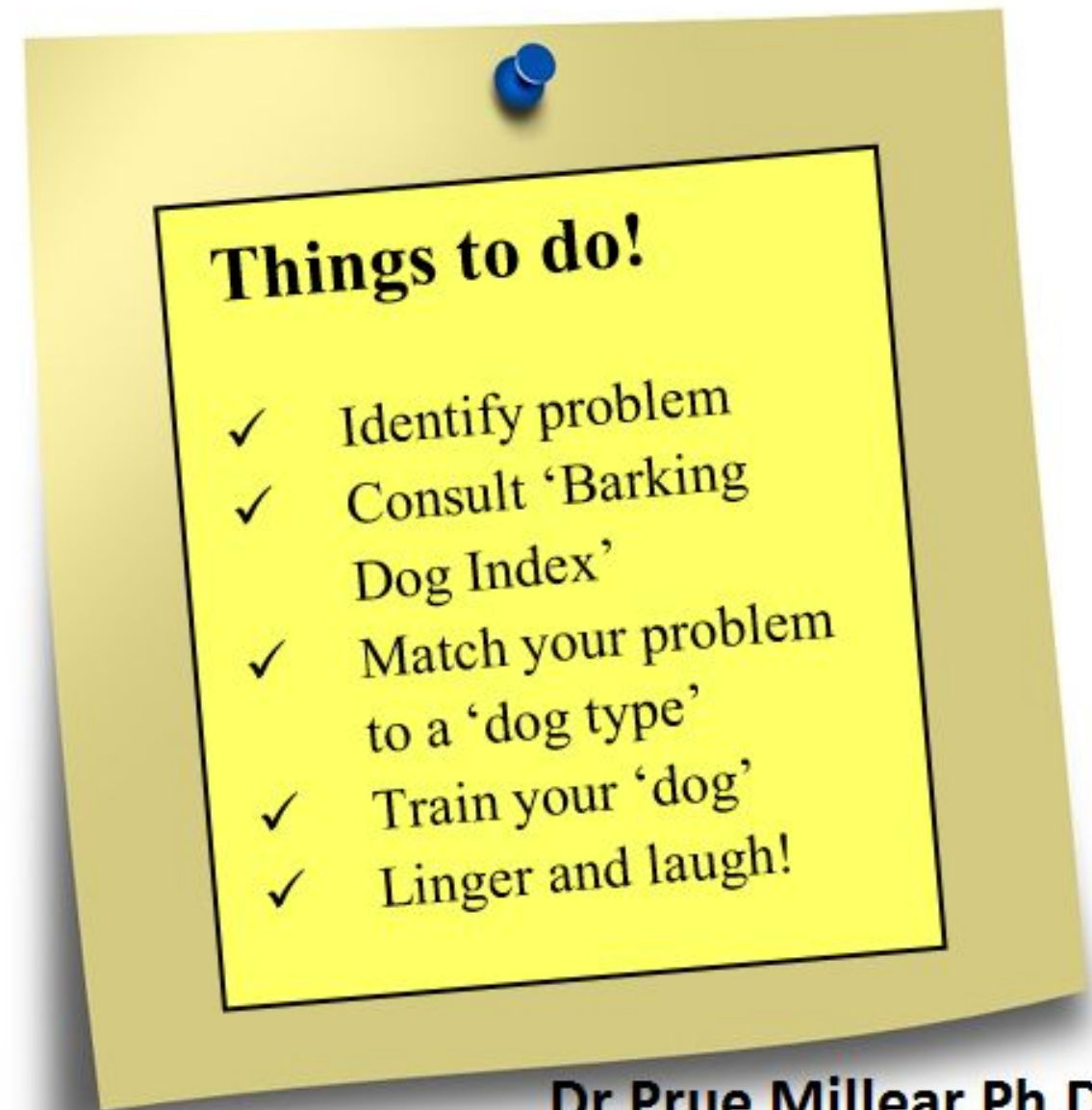


The Benefits of a Light Heart: Humour, problem-solving, and strategies to make it happen

Dr. Prue Milllear Ph.D.

The Benefits of a Light Heart

Humour, problem-solving, and the
strategies to make it happen



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