

The Importance of Humor in our Personal and Professional Lives

Al Gini

No matter what one's political preferences or political affiliations, we live in troubling times. Just check the headlines: (-Fill in the blank.-); (-Fill in the blank.-); (-Fill in the blank.-); (-Fill in the blank.-). Given all of this, I believe that the only way to deal with the daily assault of real news, fake news, and bad news in our lives is to laugh at it and with it.

Humor can act as both a sword and shield to defend and protect us against reality. Humor can, at times, detox if not completely explain away some of the unsolvable mysteries of life. Humor may not be able to offer definitive answers, but it can arrest and defang our uncertainty. I am convinced that laughter offers perspective, reinforces, our humanity, and encourages hope. Humor may not be a cure for all life's problems, but it can be help anesthesia. In the words of Joan Rivers, "If you can laugh at it, you can live with it!"

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