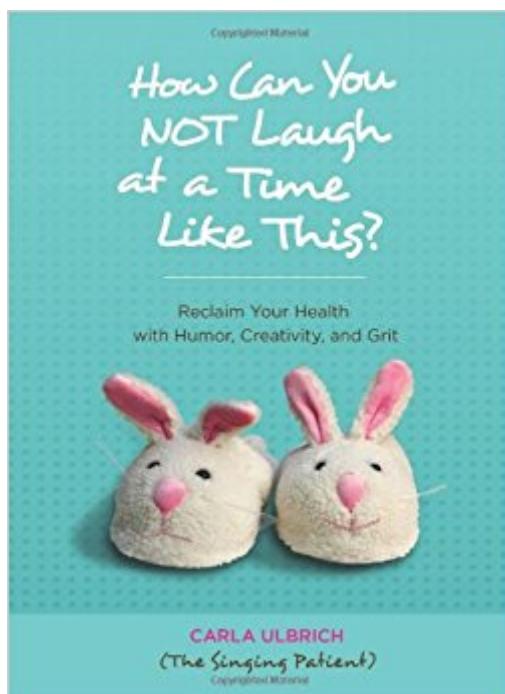


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# How Can You NOT Laugh At A Time Like This?: Reclaim Your Health With Humor, Creativity, And Grit



## Synopsis

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.

## Book Information

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## Customer Reviews

"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

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.

First, by way of full disclosure, I need to say: I know the author of this book. More precisely, I knew her in high school, but lost touch with her after graduation. We reconnected on Facebook a year or so ago, which is how I found out about this book. With this context, then, let me ask: have you ever had the experience of meeting up with an old friend, perhaps over lunch, and as you sit and eat and chat, you find yourself laughing so hard you cry? For me, that was the experience of reading this book. It pains me to read about what my friend went through in the 25+ years since high school, but I am also delighted to see that she has kept her sense of humor and appreciation of absurdity. The book is not a narrative of Carla's illnesses, but rather a series of essays about various coping mechanisms she has developed over 20 years of dealing with autoimmune disease. I found myself reading many passages out loud to my wife (who did a great spit-take when I read her the part about the coffee enemas). Stepping back for a moment, I must say that I am more skeptical about "alternative" treatments (acupuncture, qigong, coffee enemas...) than Carla is. She does not proselytize about such things, though, which I find refreshing. Rather, she just writes about what works for her. She happily acknowledges the placebo effect. Borrowing a turn of phrase from J.D. Salinger, I find Carla's approach to her illness "breathtakingly levelheaded." This is a light read in spite of its subject matter, and I would recommend it to anyone who is having difficulty coping with prolonged health problems. The particular treatment and lifestyle recommendations may not apply in all cases, but Carla's positive attitude is (in a good way) contagious. A quick note about the Kindle

formatting: There is nothing particularly nonstandard about the text formatting in most of this book, so the Kindle handles it well. In the passages with song lyrics (Kindles are well-known for screwing up poetry), the lines are double-spaced, which makes the line breaks work out reasonably well even at large typeface sizes.

I was really expecting to be laughing out loud as I read this book and to be honest I wasn't. I found myself chuckling at certain points and smiling and thinking "hey Carla, you hit the nail right on the head with that one!!" but perhaps that is because I could totally relate to what she had to say. Carla uses sarcastic humor to make numerous points throughout the book and she does an excellent job in doing so which makes this book such a light, fun read for me. Having to deal with A Headache for 11 years and being a sarcastic person myself, she allowed me to sit back and smile and enjoy a humorous look at my medical issue. From the person who doesn't believe she "looks sick" to the endless times she has to repeat her entire medical history for every doctor she sees, I was smiling and finding someone who I could totally agree with. She does have some good serious points in the book and thank you Carla for the 10+ things to say when dealing with a serious illness- sometimes our emotions take over and we don't know what to say. All said and done, a good book if you're dealing with medical issues or know someone who is. The books doesn't have to be read all at one time and it's a light read. I thought it was a fun read and one that I will share with others that are faced with medical issues.Quote: "Once you've got a chronic illness, you feel like you yourself have a thousand faces, or at least three: one for the public (I'm fine), one for the doctor (I'm sick), and one for home (I'm me)".

I've met Carla a few times and even shared the stage with her once. She is a great person and the write-up of her health issues and her battle to regain health makes for very good reading and inspiration. Great book - even if you are in good health!

I found Carla Ulbrich on Facebook and thought she was just funny but after reading her book, I realize that she's a whole lot more than that. Her short essays are filled with a thoughtful wisdom that only comes from living with a chronic illness. She lightens the subject matter with her quirky humor and offers sage advice for anyone dealing with any kind of illness or life struggle. She inspires you to eat right, pace yourself, and most of all be kind to yourself. The only problem I have with her book is that it's not longer! She left me wanting more and I hope she continues to author books because I want to hear more of what she has to say.

Living with SLE...amongst other ailments... I always find books with the "poor me... I'm gonna die" feel to it.. This book is so refreshing and uplifting... Carla makes you laugh and it sticks with you...so the next time you ...say... can't get off the toilet... you will find yourself smiling and singing along with her... lol... I am passing this book on to my parents.

Loved this book so much! It was funny and informative all at the same time. I never write reviews but I couldn't not give this book 5 stars! I was sad when I was finished reading because I wanted more!

I believe EVERY patient AND EVERY health care provider should read this book. It is thoughtful, insightful, educational and hilarious! I have been a nurse for 20 years and this book still opened my eyes to a way of seeing my patients differently. I thrive to be a better nurse everyday and hopefully this book has made me better, I don't know how it couldn't. Thank you Carla for sharing your thoughts, wisdom and humor with the world!

The author has managed to survive a frequently fatal disease by looking very clearly at the many factors influencing the body. While these are clearly outlined, and her conclusions stated, the wry comments on both "normal" behavior and our current healthcare system as experienced by a person reduced to indigence by that system are highly thought-provoking.

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