



The Fun Factor: Your Prescription for Stress Relief at Work and at Home

Cheryl Nason

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According to Fred Pescatore, M. D. The Fun Factor is the magic bullet helping to heal America!

- Are you stressed about your job or home life?
- Have you stopped loving your job?
- Do you hate getting up in the morning and going to work? The Fun Factor will help you decrease the level of stress in your life, increase job productivity and satisfaction, and increase your moral and those around you. This book is not a joke book, but is a joy to read. It contains pages and pages of real life examples and ideas to bring fun and laughter into your everyday living.

The book covers:

- The history of humor
- How humor can improve health and healing
- The etiquette of using humor at work
- Real life examples of people already using humor
- 100's of wise and inspirational quotes
- Exercises to help get your creative juices flowing
- For Nurses and Social Workers, 3 Continuing Education Credits are available
- and much much more But most importantly, The Fun Factor can help you increase the quality of your life, by SHOWING you how to bring fun and laughter into your everyday life.

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Reading can called thoughts hangout, why? Because if you find yourself reading a book especially book entitled The Fun Factor: Your Prescription for Stress Relief at Work and at Home the mind will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely will end up your mind friends. Imaging every single word written in a reserve then become one form conclusion and explanation in which maybe you never get ahead of. The The Fun Factor: Your Prescription for Stress Relief at Work and at Home giving you yet another experience more than blown away your brain but also giving you useful details for your better life within this era. So now let us explain to you the relaxing pattern is your body and mind will be pleased when you are finished looking at it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

Elbert Lupton:

Your reading 6th sense will not betray you actually, why because this The Fun Factor: Your Prescription for Stress Relief at Work and at Home book written by well-known writer who really knows well how to make book that can be understand by anyone who all read the book. Written within good manner for you, dripping every ideas and publishing skill only for eliminate your current hunger then you still hesitation The Fun Factor: Your Prescription for Stress Relief at Work and at Home as good book not just by the cover but also with the content. This is one reserve that can break don't determine book by its deal with, so do you still needing an additional sixth sense to pick this!? Oh come on your reading sixth sense already said so why you have to listening to an additional sixth sense.

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