

*Cancer Has Its Privileges: Stories of Hope and Laughter*, by Christine Clifford (2002).

While joy and laughter may be the furthest thing from the mind of someone diagnosed with cancer, there is huge therapeutic value in having a healthy sense of humor. This book reflects on the gift of laughter, and the resulting benefits of tension relief, socialization, reducing emotional and physical pain, and strengthening the spirit. It's easy to read, and prompts smiles and chuckles!