



**Laugh! I Thought I'd Die (If I Didn't): Daily Meditations on Healing through Humor (If I Didn't : Daily Meditations on Healing Through Humor)**

*Anne Wilson Schaefer*

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# Laugh! I Thought I'd Die (If I Didn't): Daily Meditations on Healing through Humor (If I Didn't : Daily Meditations on Healing Through Humor)

*Anne Wilson Schaef*

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Here is a daily meditation book that addresses the need for humor in Twelve Step living. Each entry takes a humorous, ironic, or rueful look at such aspects of recovery as denial grandiosity, gratitude, and change. By turns irreverent and provocative, this little book can cause a lot of laughter and perhaps even aid in recovery.

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