

HAVE SOME FUN : LAUGH YOUR BLUES AWAY



"I think the next best thing to solving a problem is finding some humour in it."
~ Frank A. Clark

"Nothing is good or bad. It is thinking that makes it so."
~ Shakespeare

**PLEASE FEEL FREE TO PASS THIS HANDBOOK ALONG TO YOUR FRIENDS AND
FAMILY OR ANYONE WHOM YOU THINK WILL BENEFIT FROM IT**

Humor is beneficial as it allows us to take a little control over any situation, including facing the reality of having to manage diabetes on a life long basis. If we take things too seriously, emotionally we get weighed down, and that doesn't help physically, especially in the treatment of diabetes.

Humor is a powerful emotional medicine that can lower stress, dissolve anger and unite families in troubled times. Mood is elevated by striving to find humor in difficult and frustrating situations. Laughing at ourselves and the situation helps reveal that small things are not the earth-shaking events they sometimes seem to be.

A healthy sense of humor is related to being able to laugh at oneself and one's life. Laughing at oneself can be a way of accepting and respecting oneself. Lack of a sense of humor is directly related to lower self esteem.

Humor is essential to mental health for a variety of reasons:

- Humor enhances our ability to affiliate or connect with others.
- Humor helps us replace distressing emotions with pleasurable feelings. You cannot feel angry, depressed, anxious, guilty, or resentful and experience humor at the same time.
- Lacking humor will cause one's thought processes to stagnate leading to increased distress.
- Humor changes behavior – when we experience humor we talk more, make more eye contact with others, touch others, etc.
- Humor increases energy, and with increased energy we may perform activities that we might otherwise avoid.
- Finally, humor is good for mental health because it makes us feel good!

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For information on diabetes self care and supplies, please visit:
<http://www.my-diabetes-resource.com>

Excerpts From "A Cat's Guide To Human Beings"

1. Introduction: Why Do We Need Humans?

So you've decided to get yourself a human being. In doing so, you've joined the millions of other cats who have acquired these strange and often frustrating creatures. There will be any number of times, during the course of your association with humans, when you will wonder why you have bothered to grace them with your presence.

What's so great about humans, anyway? Why not just hang around with other cats? Our greatest philosophers have struggled with this question for centuries, but the answer is actually rather simple:

THEY HAVE OPPOSABLE THUMBS.

Which makes them the perfect tools for such tasks as opening doors, getting the lids off of cat food cans, changing television stations and other activities that we, despite our other obvious advantages, find difficult to do ourselves. True, chimps, orangutans and lemurs also have opposable thumbs, but they are nowhere as easy to train.

2. How And When to Get Your Human's Attention

Humans often erroneously assume that there are other, more important activities than taking care of your immediate needs, such as conducting business, spending time with their families or even sleeping.

Though this is dreadfully inconvenient, you can make this work to your advantage by pestering your human at the moment it is the busiest. It is usually so flustered that it will do whatever you want it to do, just to get you out of its hair. Not coincidentally, human teenagers follow this same practice.

Here are some tried and true methods of getting your human to do what you want:

Sitting on paper: An oldie but a goodie. If a human has paper in front of it,

chances are good it's something they assume is more important than you.

They will often offer you a snack to lure you away. Establish your supremacy over this wood pulp product at every opportunity. This practice also works well with computer keyboards, remote controls, car keys and small children.

Waking your human at odd hours: A cat's "golden time" is between 3:30 and 4:30 in the morning. If you paw at your human's sleeping face during this time, you have a better than even chance that it will get up and, in an incoherent haze, do exactly what you want.

You may actually have to scratch deep sleepers to get their attention; remember to vary the scratch site to keep the human from getting suspicious.

3. Punishing Your Human Being

Sometimes, despite your best training efforts, your human will stubbornly resist bending to your whim. In these extreme circumstances, you may have to punish your human. Obvious punishments, such as scratching furniture or eating household plants, are likely to backfire; the unsophisticated humans are likely to misinterpret the activities and then try to discipline YOU. Instead, we offer these subtle but nonetheless effective alternatives:

Use the cat box during an important formal dinner.

Stare impassively at your human while it is attempting a romantic interlude. Stand over an important piece of electronic equipment and feign a hairball attack. After your human has watched a particularly disturbing horror film, stand by the hall closet and then slowly back away, hissing and yowling. While your human is sleeping, lie on its face.

4. Rewarding Your Human: Should Your Gift Still Be Alive?

The cat world is divided over the etiquette of presenting humans with the thoughtful gift of a recently disemboweled animal. Some believe that humans prefer these gifts already dead, while others maintain that humans enjoy a slowly expiring cricket or rodent just as much as we do, given their jumpy and playful movements in picking the creatures up after they've been

presented.

After much consideration of the human psyche, we recommend the following:

cold blooded animals (large insects, frogs, lizards, garden snakes and the occasional earthworm) should be presented dead, while warm blooded animals (birds, rodents, your neighbor's Pomeranian) are better still living.

When you see the expression on your human's face, you'll know it's worth it.

5. How Long Should You Keep Your Human?

You are only obligated to your human for one of your lives. The other eight are up to you. We recommend mixing and matching, though in the end, most humans (at least the ones that are worth living with) are pretty much the same. But what do you expect?

They're humans, after all. Opposable thumbs will only take you so far.

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[Why Make Yourself Crazy?](#) This great ebook gives 300 easy tips that you can implement to reduce your stress.

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MEN are like:

- Men are like..... Placemats. They only show up when there's food on the table.
- Men are like..... Mascara. They usually run at the first sign of emotion.
- Men are like..... Bike helmets. Handy in an emergency, but

otherwise they just look silly.

- Men are like..... Government bonds. They take so long to mature.
- Men are like..... Copiers. You need them for reproduction, but that's about it.
- Men are like..... Lava lamps. Fun to look at, but not all that bright.
- Men are like..... Bank accounts. Without a lot of money, they don't generate much interest.
- Men are like..... High heels. They're easy to walk on once you get the hang of it.
- Men are like..... Curling irons. They're always hot, and they're always in your hair.

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**The Motivated Mind**. A complete, step-by-step guide to taking far greater control of your life. When you know how to master motivation, you will get so much more out of life. Take control of your life with the six secrets of self-help motivation.

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THE EMAIL "FORWARDER'S" 12 STEP PROGRAM

1. I will NOT get bad luck, lose my friends, or lose my mailing lists if I DON'T forward an email!

2. I will NOT hear any music or see a taco dog, if I do forward an e-mail.
3. Bill Gates is NOT going to send me money, Victoria Secret doesn't know anything about a gift certificate they're supposed to send me.
4. Ford will NOT give me a 50% discount even if I forward my e-mail to more than 50 people!
5. I will NEVER receive gift certificates, coupons, or freebies from Coca Cola, Cracker Barrel, Old Navy, or anyone else if I send an e-mail to 10 people.
6. I will NEVER see a pop-up window if I forward an e-mail ...NEVER-NEVER!!
7. There is NO SUCH THING as an e-mail tracking program, and I am not STUPID enough to think that someone will send me \$100 for forwarding an e-mail to 10 or more people!
8. There is NO kid with cancer through the Make-a-Wish program in England collecting anything! He did when he was 7 years old. He is now cancer free and 35 years old and DOESN'T WANT ANY MORE POST CARDS, or GET-WELL CARDS.
9. The government does not have a bill in Congress called 901B (or whatever they named it this week) that, if passed, will enable them to charge us 5 cents for every e-mail we send.
10. There will be NO cool dancing, singing, waving, colorful flowers, characters, or program that I will receive immediately after I forward an e-mail. NONE, ZIP, ZERO, NADA!
11. The American Red Cross will NOT donate 50 cents to certain individual dying of some never-heard-of disease for every e-mail address I send this to. The American Red Cross RECEIVES donations.

12. And finally, I WILL NOT let others guilt me into sending things by telling me I am not their friend or that I don't believe in Jesus Christ. If God wants to send me a message, I believe the bushes in my yard will burn before He picks up a PC to pass it on!

Now, repeat this to yourself until you have it memorized, and send it along to at least 5 of your friends before the next full moon or you will surely be constipated for the next three months and all of your hair will fall out!

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Best Headlines....Ever....

We all know that bad news and tragedy make headlines, so once in a while it's nice to see some humorous headlines, intentional or otherwise. Most of these have been around for a long time. Enjoy.

- Something Went Wrong in Jet Crash, Expert Says [no, really?]
- Police Begin Campaign to Run Down Jaywalkers [now that's taking things a bit far!]
- Miners Refuse to Work after Death [good-for-nothin' lazy so-and-sos!]
- Juvenile Court to Try Shooting Defendant [see if that works better than a fair trial!]

- War Dims Hope for Peace [I can see where it might have that effect!]
- If Strike Isn't Settled Quickly, It May Last Awhile [you think?!]
- Typhoon Rips Through Cemetery; Hundreds Dead [Gee....buried alive?]
- Cold Wave Linked to Temperatures [who would have thought!]
- Enfield (London) Couple Slain; Police Suspect Homicide [they may be on to something!]
- Man Struck By Lightning Faces Battery Charge [he probably IS the battery charge!]
- Astronaut Takes Blame for Gas in Spacecraft [That's what he gets for eating those beans!]
- Kids Make Nutritious Snacks [Taste like chicken?]
- Hospitals are Sued by 7 Foot Doctors [Boy, are they tall!]

And the winner is....

- Panda Mating Fails; Veterinarian Takes Over [what a guy!]

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Real people, Real Events - just hope that your life never depends on the speedy and accurate thinking of any of these people...

- While looking at a house, my brother asked the real estate agent which direction was North because, he explained, he didn't want the sun waking him up every morning. She asked, "Does the sun rise in the North?" Then another person jumped in and explained that the sun rises in the East (and has for some time). She shook her head and said, "Oh, I don't keep up with that stuff."
- I used to work in technical support for a 24x7 call center. One day I got a call from an individual who asked what hours the call center was open. I told him, "The number you dialed is open 24 hours a day, 7 days a week." He responded, "Is that Eastern or Pacific time?" Wanting to end the call quickly, I said, "Pacific.."
- So my colleague and I were eating our lunch in our cafeteria when we overheard one of the administrative assistants talking about the sunburn she got on her weekend drive to the shore. She drove down in a convertible, but "didn't think she'd get sunburned because the car was moving."
- My sister has a lifesaving tool in her car. It's designed to cut through a seatbelt if she gets trapped. She keeps it in the trunk.
- My friends and I were on a beer run and noticed that the cases were were discounted 10%. Since it was a big party, we bought two cases. The cashier multiplied two times 10% and gave us a 20% discount.
- I was hanging out with a friend of mine when we saw a woman walk by us with a nose ring attached to an earring by a chain. My friend

said, "Wouldn't the chain rip out every time she turned her head?" I had to explain to her that a person's nose and ear remain the same distance apart no matter which way the head is turned.

- I couldn't find my luggage at the airport baggage area. So I went to the lost luggage office and told the woman there that my bags never showed up. She smiled and told me not to worry because they were trained professionals and I was in good hands. "Now," she asked me, "has your plane arrived yet?"

- A little boy was overheard talking to himself as he strutted through the backyard, wearing his baseball cap and toting a ball and bat.

"I'm the greatest hitter in the world," he announced. Then, he tossed the ball into the air, swung at it, and missed. "Strike One!" he yelled.

Undaunted, he picked up the ball and said again, "I'm the greatest hitter in the world!" He tossed the ball into the air. When it came down, he swung again and missed. "Strike two!" he cried.

The boy then paused a moment to examine his bat and ball carefully. He spit on his hands and rubbed them together. He straightened his cap and said once more, "I'm the greatest hitter in the world!"

Again, he tossed the ball up in the air and swung at it. He missed. "Strike three!" "Wow!" he exclaimed. "I'm the greatest pitcher in the world!"

- "ID Ten T" Error - I was having trouble with my computer, so I called the computer guy over to my desk. He clicked a couple buttons and solved the problem.

As he was walking away, I called after him, "So, what was wrong?" He replied, "It was an ID Ten T Error." A puzzled expression ran over my face.

"An ID Ten T Error, what's that, in case I need to fix it again?" He gave me a grin.

"Haven't you ever heard of an ID Ten T Error before?"

"No", I replied.

"Write it down", he said, "and I think you'll figure it out."

ID10T

..... say no more!

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GOD HAS A SENSE OF HUMOR, or we would not all still be here!

- An explorer in the deepest Amazon suddenly found himself surrounded by a bloodthirsty group of natives.

Upon surveying the situation, he said quietly to himself, "Oh God, I'm screw-ed."

A ray of light fell from the sky and a voice boomed out, "No, you are not screw-ed. Pick up that stone at your feet and bash in the head of the chief standing in front of you."

So the explorer picked up the stone and proceeded to bash the life out of the

chief. He stood above the lifeless body, breathing heavily, surrounded by 100 natives with looks of shock on their faces.

The voice boomed out again, "Okay, NOW you're screw-ed."

- A guy named Joe finds himself in dire circumstances. His business has gone bust and he's in serious financial trouble. He's so desperate that he decides to ask God for help. He begins to pray...

"God, please help me. I've lost my business and if I don't get some money, I'm going to lose my house as well. Please let me win the lotto."

Lotto night comes and somebody else wins it. Joe again prays... "God, please let me win the lotto! I've lost my business, my house and I'm going to lose my car as well".

Lotto night comes and Joe still has no luck. Once again, he prays...

"My God, why have you forsaken me?? I've lost my business, my house, and my car. My wife and children are starving. I don't often ask you for help and I have always been a good servant to you. PLEASE just let me win the lotto this one time so I can get my life back in order."

Suddenly there is a blinding flash of light as the heavens open and Joe is confronted by the voice of God Himself: "Joe, meet me halfway on this. Buy a ticket."

- How do you make God laugh....? Just tell her the plans you have made for your life.

- A Grandmother was standing on a lovely beach with her baby grandson. Both were enjoying the seaside.

Suddenly a massive wave swept the little boy from her arms and carried him out to sea. Beside herself, the grandmother fell to her knees, beseeching God

to save her beloved grandson and, if necessary to take her life instead.

In the middle of her desperate prayer, another wave crashed in, depositing the baby back in her arms, soaking wet, but otherwise unharmed.

She looked at her grandson, then back up to the heavens and said quietly, "He had a hat..."

- A hiker lost his balance and fell over the edge of a steep and high cliff. At the last minute he saved himself by grabbing a small branch growing out of the sheer rock wall.

Dangling helplessly over a 2000 foot ravine, he began yelling. "Help! Help! Is anyone up there?"

Suddenly he heard a booming voice. "I'll help you."

"Who are you?" asked the man.

"I'm God" answered the voice.

"Oh thank you, thank you" said the grateful man. "I knew my faith would someday be rewarded. What should I do?"

"Just let go and I'll catch you," instructed the voice.

"What?" exclaimed the man.

"I said just let go and I'll catch you," God repeated.

The man paused, then yelled, "Is there anyone else up there?"

- In the beginning, God created the earth and rested.
Then God created Man and rested.
Then God created Woman.
Since then, neither God nor Man has rested.

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### **Sports Commentator's Famous Quotes:**

"And here's Moses Kiptanui, the 19 year old Kenyan, who turned 20 a few weeks ago." (David Coleman)

"Its a great advantage to be able to hurdle with both legs" (David Coleman)

"We now have exactly the same situation as we had at the start of the race, only exactly the opposite." (Murray Walker)

After playing Cameroon in the 1990 world cup finals: "We didn't underestimate them. They were just a lot better than we thought."  
(Bobby Robson)

On the difficulties of adjusting to playing football and living in Italy: "It was like being in a foreign country."  
(Ian Rush)

Jimmy Hill: "Don't sit on the fence Terry. What chance do you think Germany has of getting through? Terry Venables: "I think it's 50-50."

"I was in a no-win situation, so I'm glad that I won rather than lost."  
(Frank Bruno)

"There's going to be a real ding-dong when the bell goes."  
(David Coleman)

"There is Brendan Foster, by himself, with 20,000 people."  
(David Coleman)

"The lead car is absolutely unique, except for the one behind it which is identical."  
(Murray Walker)

"I owe a lot to my parents, especially my mother and father."  
(Greg Norman)

"There have been injuries and deaths in boxing, but none of them serious."  
(Alan Minter)

"Watch the time. It gives you an indication of how fast they are running."  
(Ron Pickering)

"Just under 10 seconds for Nigel Mansel. Call it 9.5 seconds in round numbers."  
(Murray Walker)

"A brain scan revealed that Andrew Caddick is not suffering from stress fracture of the shin."  
(Jo Sheldon)

"That's inches away from being millimetre perfect."  
(Ted Lowe)

"I'll fight Lloyd Honeyghan for nothing if the price is right."  
(Marlon Starling)

"If history repeats itself, I should think we can expect the same thing again."  
(Terry Venables)

"I can't tell who's leading. It's either Oxford or Cambridge."  
(John Snagge - Boat Race between Oxford and Cambridge)

"The Queen's Park Oval, exactly as its name suggests, is absolutely round."  
(Tony Crozier)

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### **To be young Again...W hen we were kids**

You lived as a child in the 50s or the 60s or earlier. Looking back, it's hard to believe that we have lived as long as we have...

As children, we would ride in cars with no seat belts or air bags. Riding in the back of a pickup truck on a warm day was always a special treat.

Our baby cribs were covered with bright coloured lead-based paint.

We had no childproof lids on medicine bottles, doors, or cabinets, and when we rode our bikes, we had no helmets. (Not to mention hitchhiking to town as a young kid!)

We drank water from the garden hose and not from a bottle. Honest! We would spend hours building our go-carts out of scraps and then rode down the hill, only to find out we forgot the brakes. After running into the bushes a few times we learned to solve the problem.

We would leave home in the morning and play all day, as long as we were back when the streetlights came on. No one was able to reach us all day. No cell phones. Unthinkable.

We played dodge ball and sometimes the ball would really hurt. We got cut and broken bones and broken teeth and there were no law suits from these accidents. They were accidents. And No one was to blame but us.

Remember accidents? We had fights and punched each other and got black and blue and learned to get over it. We ate cupcakes, bread and butter, and drank sugar soda but we were never overweight....

.....we were always outside playing. We shared one grape soda with four friends, from one bottle and no one died from this?

We did not have Play stations, Nintendo 64, X Boxes, video games at all, 101 channels on cable, video tape movies, surround sound, personal cellular phones, Personal Computers, internet chat rooms ... we had friends.

We went outside and found them. We rode bikes or walked to a friend's home and knocked on the door, or rung the bell or just walked in and talked to them.

Imagine such a thing. Without asking a parent! By ourselves! Out there in the cold cruel world! Without a guardian. How did we do it?

We made up games with sticks and tennis balls and ate worms and although we were told it would happen, we did not put out very many eyes, nor did the worms live inside us forever.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment.....

Some students weren't as smart as others so they failed a grade and were held back to repeat the same grade.....Horrors. Tests were not adjusted for any reason.

Our actions were our own. Consequences were expected. No one to hide behind. The idea of a parent bailing us out if we broke a law was

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unheard of. They actually sided with the law, imagine that!

This generation has produced some of the best risk-takers and problem solvers and inventors, ever.

The past 50 years has been an explosion of innovation and new ideas. We had freedom, failure, success and responsibility, and I learned how to deal with it all.

And you're one of them.

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## **RESIGNATION**

I am hereby officially tendering my resignation as an adult. I have decided I would like to accept the responsibilities of an 8 year-old again.

I want to go to McDonald's and think that it's a four star restaurant.

I want to sail sticks across a fresh mud puddle and make a sidewalk with rocks.

I want to think M&Ms are better than money because you can eat them.

I want to lie under a big oak tree and run a lemonade stand with my friends on a hot summer's day.

I want to return to a time when life was simple; When all you knew were colors, multiplication tables, and nursery rhymes, but that didn't bother you,

because you didn't know what you didn't know and you didn't care.

All you knew was to be happy because you were blissfully unaware of all the things that should make you worried or upset.

I want to think the world is fair. That everyone is honest and good.

I want to believe that anything is possible. I want to be oblivious to the complexities of life and be overly excited by the little things again.

I want to live simple again. I don't want my day to consist of computer crashes, mountains of paperwork, depressing news, how to survive more days in the month than there is money in the bank, doctor bills, gossip, and illness.

I want to believe in the power of smiles, hugs, a kind word, truth, justice, peace, dreams, the imagination, mankind, and making angels in the snow.

So . . . here's my cheque book and my car-keys, my credit card bills and my tax statements. I am officially resigning from adulthood. And if you want to discuss this further, you'll have to catch me first, cause.....

....."Tag! You're it."

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[Ask a doctor online now.](#) US Board Certified specialists will provide you with the answers in the privacy of your own home and in the strictest of confidence.

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## **For people over 40 . . .**

A computer was something on TV from a science-fiction show of note.

A window was something you hated to clean and ram was the cousin of a goat

Meg was the name of my girlfriend.

And gig was a job for the nights

Now they all mean different things

And that really mega bytes.

An application was for employment

A program was a TV show

A cursor used profanity

A keyboard was a piano.

Memory was something that you lost with age

A CD was a bank account

And if you had a 3 inch Floppy You hoped nobody found out.

Compress was something you did to the garbage

Not something you did to a file

And if you unzipped anything in public you'd be in jail for a while.

Log on was adding wood to the fire

Hard drive was a long trip on the road

A mouse pad was where a mouse lived

And a backup happened to your commode.

Cut you did with a pocket knife

Paste you did with glue

A web was a spider's home

And a virus was the flu.

I guess I'll stick to my pad and paper

And the memory in my head I hear nobody's been killed in a computer crash

But when it happens they wish they were dead.

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**A WASHINGTON POST** columnist runs a column each summer listing interesting WOMEN'S T-shirts observed at the Ocean City, Maryland beach.

1. I CHILD PROOFED MY HOUSE, BUT THEY STILL GET IN.

2. (On the front) 60 IS NOT OLD. (On the back) IF YOU'RE A TREE.
3. AT MY AGE, "GETTING LUCKY" MEANS FINDING MY CAR IN THE PARKING LOT.
5. MY REALITY CHECK JUST BOUNCED.
6. LIFE IS SHORT. MAKE FUN OF IT.
7. I'M NOT 50. I'M \$49.95 PLUS TAX.
8. PHYSICALLY PFFFFFT!
9. IT'S MY CAT'S WORLD. I'M JUST HERE TO OPEN CANS.
10. "EARTH" IS THE INSANE ASYLUM OF THE UNIVERSE.
11. KEEP STARING....I MAY DO A TRICK.
12. WE GOT RID OF THE KIDS. THE CAT WAS ALLERGIC.
13. DANGEROUSLY UNDER-MEDICATED.
14. MY MIND WORKS LIKE LIGHTNING. ONE BRILLIANT FLASH AND IT'S GONE.
15. LIVE YOUR LIFE SO THAT WHEN YOU DIE, THE PREACHER WON'T HAVE TO TELL LIES AT YOUR FUNERAL.

## HOW TO TELL A JOKE

What you would hope for is that, after you have finished telling to everyone the punch line of a joke, everyone will be laughing and bursting their seams or are at least showing some appreciation to your efforts. But how do you ensure that you achieve that. Read on to find out tips that can help you to hone your joke telling skills.

- Before you open your mouth, know your joke. Even if you're adlibbing, you must have a clear idea of where you're heading to.
- Don't tell a joke that even you yourself do not understand in the first place. You can easily miss the punch line of the joke.
- Share jokes that make you laugh. If it doesn't make you laugh, forget it. Chances are, others who listen to your joke will find it unfunny as well.
- Knowing your audience is important. This is because not all jokes are appropriate for all gatherings.
- Try new jokes out on friends first, because they will let you know if the joke is any good or not. Take this as a rehearsal before the big show.
- It is best that you tell your joke when you are in a general conversation and with people that you are comfortable with.
- Do not tell everyone how funny your joke is beforehand. You'll make your audience defensive and your laughs smaller.
- There must be ample set-up to the joke, providing the pertinent details the audience needs to know.
- Speak with confidence, don't mumble or be embarrassed, take your time and relish the punch line.

HAVE SOME FUN : LAUGH YOUR BLUES AWAY  
Brought to you by <http://www.my-diabetes-resource.com>

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With that, start collecting your jokes and practice them by yourself to get the story and timing right, and then practice them on your friends. When you get good results from the jokes you know you are ready to launch yourself on the rest of the world, and weave the magic of humor into your conversation.

Save it to your desktop and then send it to as many friends as you want as an e-mail "attachment" **HAVE SOME FUN – LAUGH YOUR BLUES AWAY!**

## OTHER RESOURCES

This Free Ebook was brought to you by [my-diabetes-resource.com](http://www.my-diabetes-resource.com). [my-diabetes-resource.com](http://www.my-diabetes-resource.com) is a resource site for information on symptoms, treatment and medication of various types of diabetes. It also includes guide on selection of diabetes supply items.

And if you would like to know how to build websites like these even if you only know how to type a Word document, read on!

### **Site Build It!**

Site Build It is the software program we used to build my-diabetes-resource.com. The main reason why we chose this software was because so many of the routine/mundane chores that are needed to be done can be managed by the SBI software. This frees up your time to pursue the more creative aspects of web development. After [comparing the features](#) of many of the high profile competitors of SBI, it really wasn't a tough decision to make.

Another reason we like SBI is because it's so easy to build a website using the software. You are led completely through each step of planning your website right from initial brain-storming of an idea to the choosing of profitable keywords. Search engine optimization which is something everyone is concerned about is high on the list of checks and balances as you create your site.

### **Other advantages of owning a Site Build It! site from the perspective of your average everyday person**

As an SBier, I can tell you that the best part of owning a Site build it! site is:

- You don't have to be a techie
- You don't have to know how to market on the web
- You don't need to have a product. You don't even need to know what you want to market yet!

- You are never alone. The Site Build it customer team are always there for you. They will walk you through the process from day one to the end. Talk about award winning customer service - They are still there for you long after your site is up and running! 5. You are able to engage in a business you will enjoy.
- At last you too can work from home!
- Learn secrets that only the top web-masters know.
- You can build your site yourself, but if you don't have the time - there are [web-masters](#) available to build your site for you.
- Site build it! has proven to be successful for everyone from the [newbies](#) to [seasoned Affiliate marketers](#) to [webmasters](#).
- Finally build that residual income you always dreamed about.

I could still try to explain the benefits which I know Site Build It! will offer your site and not get anywhere - So I am going to point you to **333 SBI web-sites that are currently holding the top 1% place on the web** (of course there are so many more SBIers - but this number should get the message through). **Seeing is believing** [hundreds of successful SBIers couldn't be wrong!](#)

[Click here to try SBI for free](#) - And if you decide to buy SBI, with their risk free promise, you have nothing to lose! It is unlikely that like the rest of the SBIers, you wouldn't be completely thrilled with your new site. But If are not, SBI will return your money - no questions asked - and you still get to keep your domain name!

### [Bravenet.com](#)

Bravenet.com is simply the best and only webmaster resource that you will ever need. Its simple interface and easily navigation ensures that you will always have accessibility to the following **FREE** interactive web tools. Web templates, clipart, audio, scripts, downloads , URL redirects , guestbooks ,

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Brought to you by <http://www.my-diabetes-resource.com>

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forums, hit counters , web journal , mailing lists , email forms , chat rooms , calendar and much much more. Most of the tools is automatically generated, customizable to your site and requires only a simple cut and paste of the html code to your pages.