

Laughing to Keep From Dying: A Journey Through Comedy, Grief, and Healing



About the Book

In **Laughing to Keep From Dying**, Jenna Ryan shares her extraordinary journey of finding laughter and healing in the depths of grief. After losing

her husband to cancer, she was left shattered and alone, unsure how to navigate the turbulent waters of loss.



Laughing to Keep from Dying: African American Satire in the Twenty-First Century (New Black Studies)

★★★★☆ 4.8 out of 5

Language : English
File size : 877 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 210 pages



In the wake of her immense sorrow, Jenna discovered the transformative power of storytelling and comedy. Through a series of hilarious and heart-wrenching essays, she recounts her experiences of finding laughter amidst the tears, and using her voice to heal herself and others.

From the awkwardness of dating after loss to the absurdity of everyday life, Jenna's stories explore the myriad ways in which we can find joy and meaning even in the darkest of times.

Laughing to Keep From Dying is a testament to the resilience of the human spirit and the power of laughter to heal even the deepest wounds. It is a must-read for anyone who has experienced loss, knows someone who has, or simply wants to be inspired by a story of courage and hope.

About the Author

Jenna Ryan is a writer, speaker, and comedian who uses her personal experiences with grief and loss to help others find laughter and healing. She is the author of the popular blog, "The Jenna Ryan Project," and her work has been featured in outlets such as The New York Times, The Washington Post, and Good Morning America.

Reviews

"Jenna Ryan's memoir is a raw, honest, and ultimately uplifting account of her journey through grief and healing. Her ability to find laughter amidst the tears is both inspiring and heartbreaking, and her story is a reminder that even in our darkest moments, we can find hope and joy." - **Oprah Winfrey**

"This book is a must-read for anyone who has experienced loss. Jenna Ryan's story is both deeply moving and laugh-out-loud funny, and her insights into the healing power of laughter are invaluable." - **Elizabeth Gilbert, author of Eat, Pray, Love**

"A beautifully written and profoundly moving memoir about the power of laughter to heal the human heart. Jenna Ryan's journey is one that will resonate with anyone who has experienced loss, and her ability to find joy in the midst of sorrow is an inspiration to us all." - **Brené Brown, author of Daring Greatly and Rising Strong**

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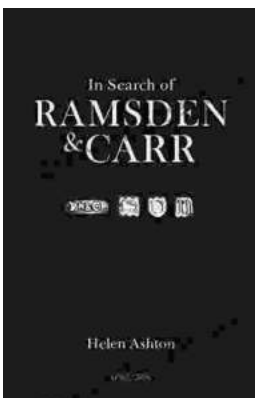
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