



The Well-Lived Laugh: Designing a Life that Keeps You Smiling

Rachel St. John-Gilbert

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Ladies, a little perspective can change everything—and owning your own perspective (with a sense of humor) is what *The Well-Lived Laugh* is all about. Brand-new from Christian humor writer Rachel St. John-Gilbert (author of *Wake Up Laughing* and *Laugh Yourself to Sleep*), *The Well-Lived Laugh: Designing a Life that Keeps You Smiling* offers an offbeat look at life's crazy-making pressures—body image, relationships, social networking, the food police—and encouragement to develop your own unique perspective to help eliminate those pressures. Through her thought-provoking, quirky, and funny observations, St. John-Gilbert will help you embrace the beauty in life that comes through each experience you encounter, whether planned or not.

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