



When You Need a Lift: But Don't Want to Eat Chocolate, Pay a Shrink, or Drink a Bottle of Gin

Joy Behar

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Life is full of ups and downs. And while keeping your chin up may hide a double chin, it won't improve your mood. Looking on the bright side will make you squint, which will lead to crow's feet, and there is nothing cheerful about crow's feet.

Listen, if you're feeling down, it's going to take a lot more to set things right than insipid platitudes about a cloud with a silver lining. (What is that anyway? Acid rain, or what?) In *When You Need a Lift*, comedienne Joy Behar and a host of her friends share the simple, silly, profound, and personal things they turn to for comfort when life gets hard.

For Joy, it's her sense of humor and handbags. Not surprisingly, music legend Burt Bacharach turns to songwriting and performing. Kaye Ballard indulges with a big bowl of pasta. Beau Bridges counts his blessings. Former First Lady Barbara Bush finds solace in the work of Jane Austen. Tony Danza plays the ukulele. Larry King recommends laughter—tell a joke, read a funny book; every time you laugh, a little sadness slips away.

And that's some advice you can actually use.

From the Hardcover edition.

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