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.

My Personal Review:
"Helping others, getting involved in an important and purposeful cause is a very powerful antidote to sadness." ~ Kathleen Kennedy Townsend
Joy Behar asked 101 friends, associates and role models to contribute advice for her book. Not only is the advice about escaping the blues truly helpful, it is often funny.

Jamie Lee Curtis wrote a fun poem and Phyllis Diller shared her daily mantra. Some of the main solutions include: walking, cooking, getting a massage and avoiding the news. A few people talked about their pets and many said they looked to their faith in times of trouble.

I was actually surprised no one talked about writing in a journal. I did like Joy Behar's idea of getting a manicure and a pedicure. Most of the advice is practical and you can apply it to your life right away.

From my own experience, the happiest people find their purpose in life and follow their bliss every day. Even something as simple as reading a book and reviewing it can make you feel better about your life.

This is not a book that deals with serious depression, but if you have a bad day or a blue mood once in a while then the ideas might help you see the brighter side of life.

~The Rebecca Review

P.S. If you need more ideas after reading this book, write me from my site and I'll tell you about my 111 ideas for beating the blues.