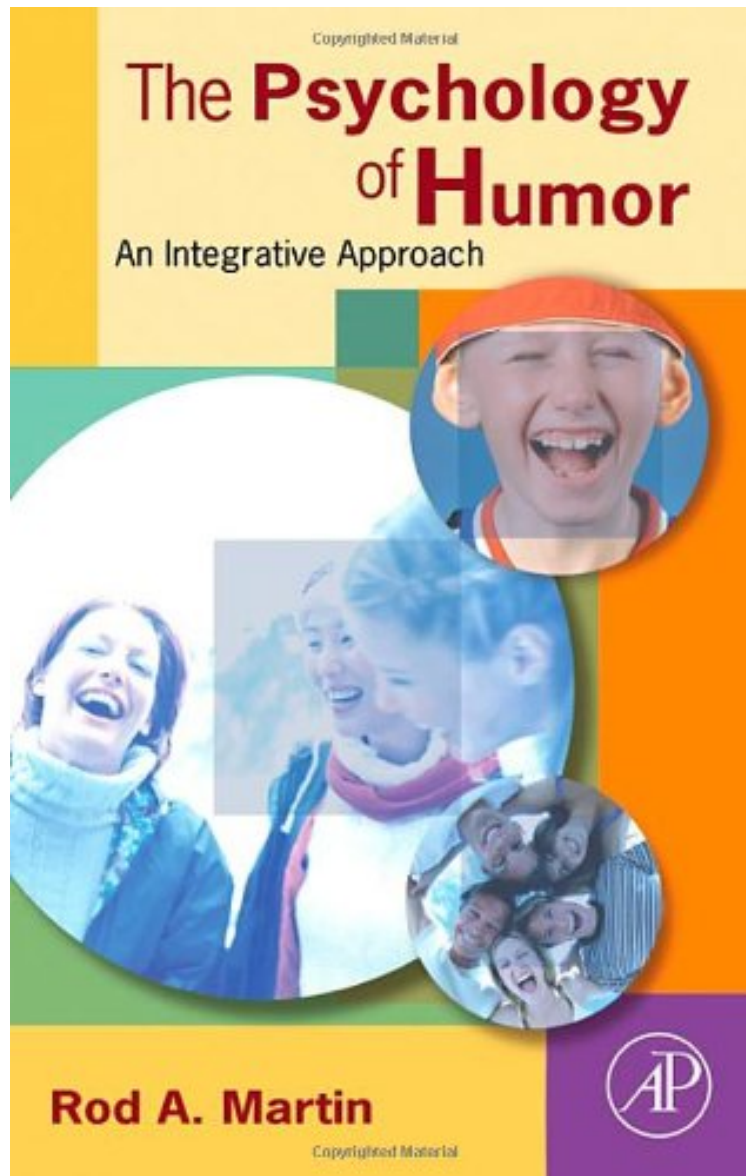


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The Psychology of Humor: An Integrative Approach

Rod A. Martin

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Rod A. Martin : The Psychology of Humor: An Integrative Approach before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Psychology of Humor: An Integrative Approach:

7 of 7 people found the following review helpful. Magnificent Addition to Humor Research By Michael M. Many books on humor are available. These books range from those containing "canned jokes" to the biographies of the leading comedians. The Psychology of Humor is an assessment, evaluation, and analysis of humor. What is humor?

What causes humor? In which circumstances do we laugh? Why do we laugh? Does humor augment or degrade interpersonal relationships? The book investigates these questions, which are answered using scientific inquiry. The book is divided into 11 chapters, each of which discusses the subject of humor from a distinct point of view. Some of the research results surprised me, but the other findings were self-evident. As a behavioral health specialist, I like the presentation of the theories of humor and various types of humor; humor's potential application in the workplace, psychotherapy, and other activities. The psychobiology of humor and social psychology of humor also deserves mention. Nonetheless, the whole book should be read to acquire perspective of it, which I enthusiastically recommend to obtain an insight into the highly desired but still weakly understood human characteristic of humor. 3 of 3 people found the following review helpful. The State of the Art By humorous This book, written in readable English, clearly depicts what we would like to know about humor and laughter, and the state of the art of what the current researches can tell us about them. Even though it was published in 2007, the content is still brand-new. The highlight of this 446-page book is that it has made clear that laughter has little, if at all, effect toward physical health by closely examining the previous studies and experiments done so far. It is also amusing and shocking to know that using humor for education does not give us the results we believe we are supposed to have. This is only what I think, but I have come to have a feeling that, if you read this book, you've seen them all! 3 of 3 people found the following review helpful. The most comprehensive text about the psychology of humor By Lynn I did my doc paper on the use of humor in therapy (I'm a psychologist), and this was an indispensable resource. If you are interested in this topic and looking for peer-reviewed academic research on humor, this is the best starting point I have found.

Research on humor is carried out in a number of areas in psychology, including the cognitive (What makes something funny?), developmental (when do we develop a sense of humor?), and social (how is humor used in social interactions?) Although there is enough interest in the area to have spawned several societies, the literature is dispersed in a number of primary journals, with little in the way of integration of the material into a book. Dr. Martin is one of the best known researchers in the area, and his research goes across subdisciplines in psychology to be of wide appeal. This is a singly authored monograph that provides in one source, a summary of information researchers might wish to know about research into the psychology of humor. The material is scholarly, but the presentation of the material is suitable for people unfamiliar with the subject-making *The Psychology of Humor* suitable for use for advanced undergraduate and graduate level courses on the psychology of humor-which have not had a textbook source. 2007 AATH Book Award for Humor/Laughter Research category! Up-to-date coverage of research on humor and laughter in every area of psychology Research findings are integrated into a coherent conceptual framework Includes recent brain imaging studies, evolutionary models, and animal research Draws on contributions from sociology, linguistics, neuroscience, and anthropology Provides an overview of theories of humor and early research Explores applications of humor in psychotherapy, education, and the workplace Points out interesting topics for further research and promising research methodologies Written in a scholarly yet easily accessible style 2007 AATH Book Award for Humor/Laughter Research category

From the Back Cover Most of us laugh at something funny multiple times during a typical day. Humor serves multiple purposes and though there is a sizable and expanding research literature on the subject, the research is spread in a variety of disciplines. Until now there has been no systematic integration of that literature into a single book. *The Psychology of Humor* reviews the literature, integrating dispersed findings from across subdisciplines in psychology, as well as related fields such as anthropology, biology, computer science, linguistics, and sociology. The book begins by defining humor, followed by a discussion of theories of humor, and then begins analyzing research findings from the various subdisciplines in psychology. Coverage includes the cognitive processes involved in humor, as well as the effects of humor on cognition, the neurobiology of humor, the social functions of humor, individual differences in personality and humor, the development of humor understanding and use over the lifespan, the association of humor with both physical and mental health, and applications of humor use in psychotherapy, education, and the workplace. About the Author Rod A. Martin has been a professor of clinical psychology at the University of Western Ontario since 1984. Much of his research has focused on the role of humor in mental and physical health, and he has published more than 40 journal articles and book chapters in this area. He is currently president of the International Society for Humor Studies and is on the editorial board of the society's journal. His research has been featured in numerous national and international newspaper and magazine articles and radio and television programs.