



Laugh or Cry: Finding the Lighter Side of disABILITIES

F. Alexander Brejcha

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We have all been there: not feeling good about ourselves and not feeling whole. But at some point you must accept what has happened to you and move on. But how do you accept what you think may be unacceptable? Laugh or Cry: Finding the Lighter Side of disabilities will hopefully, put a smile on your face and laughter in your heart. It was written with all readers in mind because my associate and I both have disabilities, and if we are able to find humor in our circumstances, perhaps we can help others also find some acceptance and relief in difficult times. We have put together some essays and anecdotes that hopefully will show all readers that humor IS the best medicine. After all, sooner or later we will all face some disability. So, whether you have a disability or not, this book was written for you. If you do, we show how humor has helped us overcome our hardships and frustrations, and for the temporarily able-bodied, we want to show you how you too can find humor in your situation; whatever it may be or become.

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