

HUMOR PROJECT, Inc.

Time flies when you're having fun! It's hard to believe that 25 years have danced by since I started on my serendipitous career path with The HUMOR Project in Saratoga Springs, New York. It's truly been a case of 'Do what you love... and the funny will follow.' "The HUMOR Project, Inc. is the first organization in the world to focus full-time on the positive power of humor. Our mission is to make a difference by being a unique, pioneering, and cutting-edge organization that touches the lives of individuals, organizations, and nations. Our Silver Anniversary is a great opportunity to look back and celebrate... and to look ahead at the same time!

I am especially excited about our 17th annual international conference April 12-14, 2002. We have chosen the theme "The Positive Power of Humor, Hope and Healing," which is what the world needs now more than ever.

As The HUMOR Project starts our second quarter century, we are excited about an inspiring new location for our 26th annual workshop on October 25-27, 2002.

As we also celebrate The HUMOR Project's 25th year, we hope that our work and annual conference can be turning points in facing current challenges in a post-9/11 world. My sincere thanks go out to all of you who have supported our serious work and playful shenanigans over the years and across the (s)miles! Jest wishes, Joel Goodman, Founder & Director, The HUMOR Project, Inc.

Top 10 Facts and Figures About the Pioneering Work and Play

(10) 1977: the year The HUMOR Project, Inc. was founded. We are celebrating our 25th anniversary year as the first organization in the world to focus full-time on the positive power of humor.

(9) 3,000,000+: the number of people who have accessed our www.HumorProject.com Web site recently.

(8) 2,000,000+: the number of people who have attended our programs throughout the United States, Canada, and abroad (e.g., Panama, Taiwan, Japan, Sweden, Norway, Germany, England, Russia, South Africa, etc.).

(7) 150,000+: the number of people who are part of AHA (American Humor Association) people on our mailing list who are interested in the programs and resources available from The HUMOR Project.

(6) 40,000+: the number of customers worldwide who order books, videos, and fun props from the HUMORResources mail-order bookstore.

(5) 15,000+: the number of people from six continents who have attended our annual international conference on "The Positive Power of Humor & Creativity" in Saratoga Springs, New York 18th annual: April 46, 2003).

(4) 3000+: the number of international, national, and local TV and radio shows, newspapers, and magazines that have featured our unique organization in 150 countries.

(3) 350+: the number of grants that The HUMOR Project has given to non-profit organizations, human service agencies, hospitals, and schools throughout the United States and Canada.

(2) 53+: the number of times that founder Joel Goodman's mother has asked, "You do WHAT for a living?!"

1: the number of organizations like this in the world.

Media Medley

What does the media think of the Humor Project? www.HumorProject.com

THE NEW YORK TIMES: Jane Brody's Personal Health

Consider how you can foster your own sense of well being by various measures to increase your "laugh-ability." Dr. Joel Goodman recommends the following:

- (1) Start looking for the absurd, silly, incongruous activities that go on around you;
- (2) Take a 5- to 10-minute humor break each day. Read jokes, add to a humor notebook, listen to a funny tape, and play with a small child;
- (3) Practice "tongue-fu; a verbal form of martial art. Prepare quick retorts and creative punch lines to disarm predictable verbal attacks;
- (4) Avoid sarcasm and ridicule. Concentrate on esteem-building humor.

NEWSDAY: This is a great place to get your daily dose of laughter that is often needed to make it through a long, stressful day Humor really is the best medicine'.

CBS THIS MORNING:

This is the story of one constiltant who is laughing all the way to the bank... and just about everywhere else he goes. That's because laughing-and getting others to do the sartie- is his lob. At his annual humor conference, Goodman puts on a comic full-court press. The goal is not necessarily to make people funnier; it's to help them learn to have more fun. But it's not just fun and games. Goodman has made a career for himself by helping others to lighten up theirs. People from all over the world have learned Goodman's tricks of the humor trade by ordering from his storehouse of inexpensive books, tapes, and props. The point is this: humor makes you take yourself less seriously, and when you take yourself less seriously, you are more likely to be able to see different answers in the same questions.

USA TODAY: Happy Employees Are More Productive No one takes humor more seriously than Joel Goodman, who touts the virtues of comedy and sponsors an annual humor conference. Goodman founded The HUMOR Project 25 years ago to promote the power of humor and creativity.

THE Wall STREET JOURNAL: Front Page. Laughter is big business, as companies seek ways to break office tension. Companies are increasingly hiring humor consultants to help reduce employee stress and burnout." Everyone uses the expression 'Someday we'll laugh about this.' Why wait?" says Joel Goodman, director of The HUMOR Project. More than 1000 managers, educators and others are expected to attend The HUMOR Project's Positive Power of Humor and Creativity Conference in Saratoga Springs.

...As seen on the Web, PUNSTER OF THE YEAR 1989 Joel Goodman.

Joel is the director of "The Humor Project", editor of the magazine, " Laughing Matter" and was described by the New Age Journal as the only full-time humor educator in the country. An inveterate and able creator of puns, Joel is the author of many books. He says when he sees a computer; he feels "write a tome."