



# Yoga for Your Funny Bone: Exercises to Strengthen Your Comedy Writing

*Leigh Anne Jasheway-Bryant*

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Whether you're a novice comedy writer just getting started or a seasoned pro who spends less time laughing than lying face down weeping into the carpet, *Yoga for Your Funny Bone* is just what you need to stretch your writing to funny new places. All it might take is a couple of minutes scribbling jokes while in Downward-Facing Dog pose. Or learning to breathe deeply through your funny eye. Perhaps all you really need is a little more flexibility so you can get out of your box without using the jaws of life!

Leigh Anne Jasheway-Bryant – author of thirteen humor books including *Bedtime Stories for Dogs*, *Bedtime Stories for Cats*, and *I'm Not Getting Older (I'm Getting Better at Denial)*; and winner of the 2003 Erma Bombeck Humor Writing Award, the 2004 Humor in Food Writing Award, 2nd place winner in the 2005 Mona Schreiber Prize for Humorous Fiction, and finalist in the 2004 San Diego Film Festival – has collected her favorite comedy writing exercises, along with random advice in this little book of comedy writing wisdom. Leigh Anne has been teaching comedy writing and stand-up for thirteen years at Lane Community College in Eugene, OR and at writers' conferences across the U.S. You'll laugh yourself silly with exercises like *Bi-Polar Express*, *Faking It*, *Genre Deficit Disorder*, *I'm Not as Dumb as I Look*, *Separation Anxiety*, and *That's So Formulaic*. Don't look now, but not only will you be able to flex your funny bone more often, you may also just learn a little something about life while you're at it.

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