

Where do jokes come from? Who knows? There are some really talented people somewhere out there who think these up. I hope you will duplicate the pages and use them within your work setting.

This book started as "Restroom Readings." When I was Director of a school, I wanted to include humor and motivational sayings in documents I sent to the staff. I included this type of material in memos and put them on the bulletin board, but I was never convinced that they actually reached the staff. One day I realized that a place all staff members frequent is the staff restroom. Periodically, I put cartoons and sayings on the wall in the restroom (or in the stalls). Soon others were making their own contributions to "The Wall." At the end of the year, I had the messages duplicated into booklet form and gave copies to staff.

The book also makes a great gift for friends and family who are ill. Humor just helps you feel better!

— *Diane Hodges*

***Find humor in all aspects of your life. . . .
It is then that you will be able to survive it.***