



Between Heaven and Mirth: Why Joy, Humor, and Laughter Are at the Heart of the Spiritual Life

James Martin

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“*Between Heaven and Mirth* will make any reader smile. . . . Father Martin reminds us that happiness is the good God’s own goal for us.” —Timothy M. Dolan, Archbishop of New York

From *The Colbert Report*’s “official chaplain” James Martin, SJ, author of the *New York Times* bestselling *The Jesuit Guide to (Almost) Everything*, comes a revolutionary look at how joy, humor, and laughter can change our lives and save our spirits. A Jesuit priest with a busy media ministry, Martin understands the intersections between spirituality and daily life. In *Between Heaven and Mirth*, he uses scriptural passages, the lives of the saints, the spiritual teachings of other traditions, and his own personal reflections to show us why joy is the inevitable result of faith, because a healthy spirituality and a healthy sense of humor go hand-in-hand with God’s great plan for humankind.

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