

Forward

The benefits of laughter have been extensively studied by scientists for the last few decades of human civilization. In fact, laughter has its own scientific study 'gelotology' originating with the Greek word for laughter, 'gelos'. Apart from having great hair, gelotologists have identified a large number of benefits to laughter including decreased stress, improved memory, enhanced creativity, better cardiovascular function, social acceptance, and much more.

With all of these proven benefits, it makes no sense that there are not more free resources like this one out there to teach society how to be funnier. Maybe it's because there's a certain level of effort and brain function required to create actual humor. Why do you think brain function, memory, and creativity are improved from laughter? Probably because they are used extensively in the process of creating and understanding humor, and therefore laughter occurs when those functions are exercised in a certain way.

So if real humor were easy to create and understand, everyone would be publishing eBooks left and right to offer them as paid resources. Yet that doesn't happen, because real humor takes intelligence and experience.

People don't want to hear that real humor takes intelligence and experience, so this eBook probably would do terribly if it cost money. Instead, I'm writing it because I believe that this information needs to be out there.

If you didn't download this eBook from my blog, head on over to www.BrainofJT.com and grab the most recent edition for free! I put tons of effort into each new edition; making sure that this eBook is the best it can be.

Back to ranting about humor.

If a joke does not take brain function to understand, then it probably isn't humor that will result in beneficial laughter. If there is no connection made between two thoughts in the brain resulting in an absurd understanding or memory of something that you had not thought of recently, there probably will not be any benefit gained from that humor.

For this reason, humor that uses obscene shock value might be a way for a comedian to get a cheap laugh because their audience is trained to make the laughter sound to alleviate their discomfort, but it is not necessarily beneficial under the studies of gelotology.

Continuing my Rant Against Dirty Comedy

In effect, dirty humor is a 'trick' to make something appear funny without putting in the effort to utilize creativity, memory, and all the things that are supposed to be trained in the process of creating and understanding humor. When you make a dirty joke, the psychology of an individual finds it funny for the sole reason that it conflicts with their morality. If a person knows something is wrong, they will have some sort of nervous reaction. In the case of dirty humor, the default nervous reaction is laughter.

That's why puns are so great! They require a certain level of brain function to create and understand, and are one of the best ways to create clean humor.

One of the best ways to get a laugh while still keeping your humor clean is to make up a pun. I will tell you why puns are awesome, teach you how to craft a pun, give you some crucial pun pointers, and finally give you some awesome practice activities to build up your pun skills. If your humor consists completely of obscene references and jokes you heard from someone else, then this book will completely revolutionize your idea of funny. If you already have some experience with puns, this book will help

you improve your pun abilities and your overall sense of humor.

Why Puns are Awesome

Puns are clean:

There is nothing wrong with some good wordplay. Rude humor is found all over the place, and it is usually there because nothing clever could be thought of instead. Puns don't need rude humor because they are funny by themselves to people who appreciate them. All of the "great" comedy movies that come out today either get their humor from obscene stuff, are genius enough to come up with their own jokes, or a combination of both. The point is, you can make a perfectly funny product without direct obscenity if you utilize alternate forms of humor such as puns.

Puns make you seem smart:

People without practice in the area of puns are often amazed/angry at your ability to manipulate words. People with practice in the area of puns will think you are funny and be able to more appreciate when you make a really good one. Also, if people think you are funny they generally understand that you must have the mental ability to create humor on purpose.

Puns make you smart:

Puns take a small amount of extra thought and mental multitasking to pull off, and therefore train your brain. As you will learn later, a pun can only be made if you can make a connection between two different things at once, and this is where the mental multitasking comes in. One of the best ways to become smarter is to constantly use your brain to think outside the box and make connections between different things. Puns make this mental training process much more fun and allow you to diversify and multiply your thought processes at any given time.

Puns can be done(s) anywhere:

"I'm gonna give you tree puns. Try to grassp what I'm saying here so you

don't bush my patience." Those were, in fact, terrible puns and proof that puns can be done anywhere especially outdoors. The best punsters can make a pun out of almost any object, so they can be done in any environment. It does take a little practice to do so, but once a person transforms into a punster they can be virtually anywhere in the world and be able to make a pun. Additionally puns can be made in writing, out loud, or through subliminal messaging; though it is much easier for people to understand your puns if you say them out loud with the right articulation. For instance, saying the word "tree" in the place of "three" as done earlier would be much easier to understand if said with an accent.

Puns don't hurt people's feelings:

While I'm all for making fun of ourselves every once in awhile, making fun of other people is usually a bad choice unless they don't mind it. Puns don't make fun of people, and therefore don't make people feel insulted and therefore don't get you any enemies. Laughter brings people together, especially if everybody is okay with what they are laughing about, and nobody is not okay with a well-placed pun.

Puns can be timed perfectly:

Some people, when thinking of puns, are scared that people will just groan and start to get annoyed with them. This is only true if you are constantly spouting off obvious or cliched puns that are sometimes unrelated to the mood of the conversation at hand. If you can think of a really good pun, and the conversation hits a slow point, then you should go for it. This will get the conversation back up and running and make your humor much more memorable. People will begin to know you as a person who can liven up a room when it is becoming dull. Additionally puns can be fit into any conversation without transition, as long as they are on topic. Since they are usually made up on the spot, it is not difficult to make sure they are on-topic and timed perfectly.

They can also teach a lesson:

If you want to say something critical because you want someone to improve, throwing a pun in along with it will make sure they know you have the right intentions. They will hopefully laugh and then apply the change that you want to be applied. If you have the tendency to be far too blunt with your criticism, you can lighten up whatever you are saying by inserting a pun or two into said criticism.

The Pundamentals (instructions):

1. Preceding the pun, you must observe your surroundings. Your observation can also be about your conversation with other people. Take in any potential material usually within the vision of the people you are talking with. If you notice any word that keeps coming up in conversation, then you should use that word in your upcoming pun.
2. Undertake finding words that sound like something you observed. One easy but less impressive way to do this is to look up homophones. A different and more impressive way is to just think of words that sound like each other except for a consonant sound or two, or that contain the subject word. For instance, if you are at a table and people are having an argument over sharing something, then you might look around and see a chair and think to yourself, “Wow, ‘chair’ and ‘share’ sound similar.” Then, repeat step one to two and keep a few good puns in your arsenal in case there isn’t a good opportunity for the first.
3. Now it is time for the **punchline**. Patience is key to a good deliverance. When you see a good opportunity, then you still must wait a second to think of the right words. Make sure it sounds somewhat casual while still putting some sort of emphasis so people can catch it. If people start to argue about something, this is also a great time to do it just to keep the conversation positive. For instance, if they are arguing at the dinner table about passing the salt, that would be a perfect opportunity to say, “Can’t you guys just chair?” Then purposefully nod, point, or grab at a chair.
4. Follow up the pun with either an apology if it went over badly (they will always find the apology hilarious) or say something in acceptance if they compliment your pun. If neither happens, then your pun went unnoticed and you should try to mentally fix your performance of that pun so that future puns don’t undergo the same fate.

Tips

- A great place to practice is a grocery store. Walk around with a friend and make as many puns as you can handle. An alternate place to practice your pun skills is in the comments of every post on my blog: <http://www.BrainofJT.com>
- Don't be afraid to fail. Terrible puns are sometimes funnier than really well-thought out and creative puns.
- If there is someone who absolutely hates puns, don't provoke them. Puns must not be used for evil. In other words, you should be a punster but not a punk.
- If you get really good at puns, you will become known for them by your colleagues. Make sure that such recognition is what you want.
- Find a pun buddy. This person needs to be someone who laughs at your puns or likes to make them themselves. Practice around this person to figure out what works and what doesn't. They probably won't mind if you mess up. Also, you don't have to tell them that they are your pun buddy.
- Keep a couple puns on you at all times. This could be some sort of accessory that you wear that you can do some clever wordplay with.
- Try not to repeat puns to the same people, even if nobody noticed it the first time. If your pun was good enough, try to use it in a different setting with different people but definitely not the same setting with the same people.
- Puns make great titles. People are more likely to seek more information about whatever you are publishing if they are entertained by the title.
- Hold pun competitions with other pun pupils to eye out your pun making skills.
- Complete the pun practice section below to hone your funny bone.

Practice

1. If you can't recognize good puns, you can't make good puns. Re-read this book and write down the puns that you find. Decide whether each pun is good or terrible and keep the good ones in mind as examples for what you are looking for. Find the terrible ones (there are a few) and write down how they could be presented better or why they shouldn't have been used at all.
2. I took the liberty of finding words that are pretty easy to make multiple puns for. For each of the following words, write down as many potential puns as you can think of: Elf, Tea, Fish, Home, Water, Floor, Flavor, Chicken, Catapult.
3. Without any thought, pick up a random object from your room. Make a pun about that object. Repeat.
4. Think of a subject, like math or football and create puns out of related jargon. This practice is very integral to kick-off your development and I hope you don't derive from the instructions too much.
5. Use trending Twitter hashtags to make puns! I sometimes do this just for fun on my account: [@BrainofJT](https://twitter.com/BrainofJT)

Bonus Content!

10 Best Tree-Related Puns. When there's a willow, there's a way!

Most people groan when they see posts like this. Luckily, a lot of my readers are sap(ling)s for a good pun. After drinking water, absorbing sunlight, and gathering nutrients they grown every once in awhile, but they always end up **treeting** themselves to more puns.

Every-time I see a tree, I get the urge to spout off a random pun. I'm pretty sure this is some disorder that I need therapy to correct, or I just have way too many tree related puns in my head. Either way, I made all of these myself, with the help of some stock images and my imagination.

Without further dew, let me leaf 10 puns here for you: **Read slowly for optimal enjoyment.**

1. Start with the Classic



Most people don't realize this, but the old phrase "He's **barking** up the wrong tree" has a pun built in.

2. Political tree pun



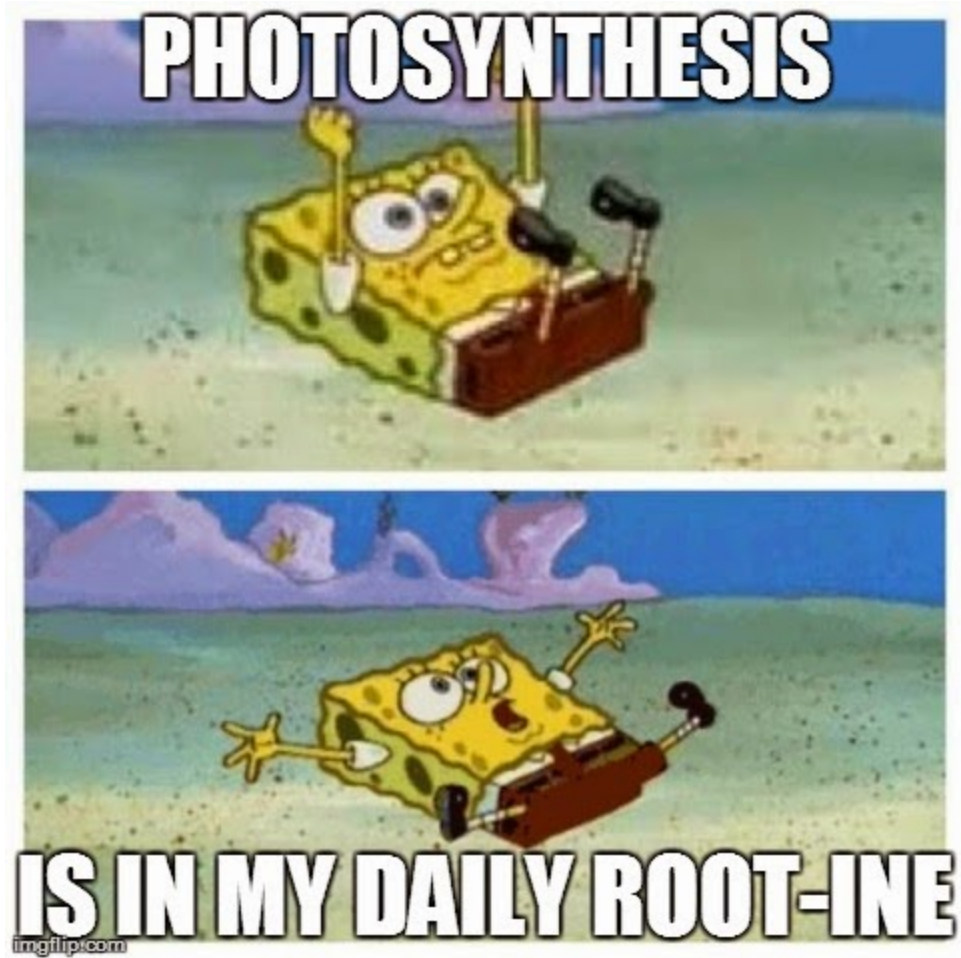
After giving up government secrets, Bush got arrested for treeson.

3. This pun may or may not be a compliment.



Yew are acorny person.

4. Photosynthesis pun.



Photosynthesis is in my daily routine.

5. Now I'm getting moody.



Leaf me alone!

6. This pun is sad for Canada.



I heard the syrup company maple their brand off the shelf soon.

7. I'm not kitten you on this pun.



When the cat was rescued from the tree, everyone was re-leafed.

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