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**For immediate release**

## **Pastor, Professor Relieves Stress by Laughing with Jesus**

GARLAND, TX – Does the daily news create knots of fear in your stomach? Do you dread the arrival of your 401k statement? Is the emotional environment at your job uneasy? The current economy and the uncertainty in many industries are creating overwhelming amounts of stress and anxiety. What could be better to combat these negative emotions than a bit of laughter? Dan R. Crawford has taken the expression, “Laughter is the best medicine,” and put it into practice. In his new book, *Mud Hen in a Peacock Parade: A Funny Thing Happened on the Way to Heaven*, Dr. Crawford recounts many of the hilarious events that occurred during his numerous years around churchgoers.

In short-story form, Dr. Crawford illustrates tale after comical tale of those days when kids didn’t wear bike helmets and those small towns where pastors were paid in canned goods. He talks of childhood stories, such as the time his mother suddenly surprised him and his friend who were playing a game of cops and robbers. He fondly recalls incidents of boyhood pranks and misfortunes at church camps and Wednesday evening activities, including a time when his friend, then-future governor of Texas, nearly kicked a football through a church window. Dr. Crawford mentions the goat-meat sandwiches in college, baptistery mishaps during his years as pastor and stories involving fires and antihistamine-use during wedding ceremonies.

In a more serious introduction to the collection of stories, Dr. Crawford explains that he understands that difficult circumstances can’t simply be laughed away. However, he believes that God created each person with a need to laugh in order to keep the body and soul healthy. Dr. Crawford cites numerous examples of laughter in the Bible and fully believes that Jesus laughed with his disciples during His time on earth. Numerous scientific studies have even concluded that laughter can be just as helpful in reducing stress and pain as relaxation techniques and minor analgesics.

In an endorsement of the book, Dr. Dennis “The Swan” Swanberg, America’s Minister of Encouragement, says, “Grab a cup of dark-roast coffee – doctor it up a tad – and find your favorite chair and consume some GREAT comedic commentaries on life provided by Dr. Mud Hen himself – Dr. Reverend ‘not so holy’ Professor Dan Crawford. Dan gives us ‘laughter’ with plenty of ‘life’ on it!”

Dan R. Crawford is senior professor of evangelism and missions, chair of prayer, emeritus, Southwestern Baptist Theological Seminary, Fort Worth, TX, and author/compiler of 17 books including, *God’s Formula for Genuine Happiness* and *Giving Ourselves to Prayer*. He and his wife, Joanne, are retired and living in Fort Worth.

*Paperback (\$14.95) copies of the book are available through online bookstores such as Amazon.com and Barnesandnoble.com. Hannibal Books also offers the book through 800-747-0738 and [www.hannibalbooks.com](http://www.hannibalbooks.com). ISBN: 978-1-934749-47-0.*

**Attention Editors:** A photo or interview with the author is available by contacting Public Relations Specialist Jennifer Nelson at 800-747-0738 ext. 709 or [HannibalBooksPR@gmail.com](mailto:HannibalBooksPR@gmail.com). Visit [www.hannibalbooks.com](http://www.hannibalbooks.com) to learn more about all the books we publish.