



Laugh It Up! (with Bonus Content): Embrace Freedom and Experience Defiant Joy

Candace Payne

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This ebook includes the full text of the book PLUS exclusive photos, insider stories, and practical inspiration from Candace—only found in the ebook!

The world knows Candace Payne as “Chewbacca Mom,” the wife and mother of two from Dallas who captured the hearts of nearly 200 million people around the world with nothing but a toy Chewbacca mask, a smart phone, and infectious laughter.

Candace’s viral moment of simple joy became Facebook Live’s top video. But what the video doesn’t show is Candace’s storied journey of daunting obstacles on the way to the joy-filled life—extreme poverty, past trauma, and struggles with self-worth.

Laugh It Up! tells the rest of the story behind the woman in the mask. Like most of us, Candace has often felt overlooked, undervalued, and insignificant. But she has also discovered the secrets to unshakable joy that no circumstance can take away, and *Laugh It Up!* will help you discover and experience the same.

Join Candace to discover the gift God has given us all to experience life to the fullest. All you need to do is answer “yes” when joy, whom Candace personifies as a friend, calls you to come and play.

Do you feel tempted to give up on your dreams? Joy stays the course. Do your knees knock when thinking about the future? Joy hopes for what can be. Do you feel unseen and unnoticed? Joy is content whether backstage or center stage. Do you feel crushed under the weight of regret? Joy loves you enough to weep with you, but also enough to help you move on.

When life punches you in the gut, it can be difficult to muster a smile—much less a laugh. But with humor and power, wit and wisdom, Candace lights the way forward to a life that is free indeed.

Laugh It Up! (with Bonus Content): Embrace Freedom and Experience Defiant Joy Details

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Lainy Lane says

This book is everything I hoped it would be - real, relatable, funny, and helpful.

Candace opens up to share about all of the struggles of her life to show that she doesn't have the joy we've all seen because her life has been without trials. On the contrary, she has joy because she's learned that trials will come and the best way to show them up is to allow joy to enter your life and choose to put it first every single day.

Candace candidly explains that she's dealt with severe depression, poverty, marital and self-confidence issues that have all led her to become the person she is now. She gives practical thoughts and opinions on how to cling tightly to joy in the midst of everyday life and all the things that come along with that choice. There are also adorable drawings before each chapter with a simple quote that will inspire you along with entertain you. I highly recommend this book to all!

Helena says

A recent e-newsletter from Ann Voskamp shared an excerpt from this book that made me want to read it, which I honestly wouldn't have done if I had just come across it as "the Wookie Mom's memoir." Ms. Payne shares her story and struggles, and how she has overcome them to arrive in a place of joy and contentment--and encourages her readers to do the same. And, to use the overused cliché, she keeps it real. (The day after she's on the red carpet meeting Keith Urban, she's back home cleaning up after a sick dog. Real life, y'all.) It was a fairly quick read, but an enjoyable one.

Andrea Marlene says

Candace Payne became instantly famous and widely beloved when a video she took of herself trying on her brand new Chewbacca mask in her car went viral. Her laughter and delight at a simple kids' toy brought joy to countless people. And now, with her new book "Laugh It Up!" Candace is sharing the secrets of her joyful way of life with all of us.

I will admit this book was a pleasant surprise. I expected a light-hearted and possibly shallow discussion of happiness but Candace writes thoughtfully and candidly about her life and the struggles she's overcome. She recognizes that Joy is not easily obtained but must be relentlessly sought and fought for. My only issue with this book is that as a Christian, I wish Candace spent more time writing about Joy in biblical terms (as far as I know she is a Christian, too). But overall, as a book that comes at a time when there is so much darkness and negativity in the world it feels like breath of fresh air to read about the potential for Joy if we only have the guts and the know-how to look for it.

Kristin Bateman says

My 2nd book of the year, and my 2nd book in personal development.

I have to admit that I'm an avid Disney fan, yet, haven't ever seen "Inside Out" and the personification of Joy was at times a bit awkward. That being said, I'm all about finding joy and happiness in every moment.

Donna Hines says

How do you rate someone known as 'Chewbacca Mom' is the main question?

I'd say the first half for me was nice knowing all about her and her hardships and ultimately her key to fame from a viral video we all know and loved.

Sure the video, brought smiles, laughter, and joy all around the world but sadly her book was not what I had hoped.

I love you Candace don't get me wrong as I too am a survivor of the shame, the guilt, the hardships we all face but it fell short in the 2nd half for me.

I must admit I skimmed through the final half of this book, but she did have several topics that are important.

For starters, stay home parents deserve praise. Let's thank them for their unconditional love and sacrifices.

So from one mom to another I say thank you as a momx3 teens here with a son med disabled since birth (now 17 yo) I feel your pain, your triumphs, and your concerns daily. Kudos!

Furthermore, and more importantly topics like suicide, depression, sexual assault, shame, body shaming, bullies, self love and unconditional love in marriage is to be commended.

Look if anyone of us had the same opportunity and platform to speak out and tell our story you bet your booty we too would be right there with you.

Many of the haters I'm sure you know are jealous so yes I agree use the stones cast as foundations upon which we rebuild. I have my share of the same and Lord knows we do have to stay in faith, joy, love, and dare I say forgiveness to our enemies.

Overcoming our own demons within our own minds is most important and I applaud you for sharing your story with the world.

We all have flaws and we all have a story to tell with take away's that help us improve upon our life experiences and for that we are all grateful for your story.

Matter of fact, I was left homeless, bankrupt, LT unemployed homemaker with 3 kids flying solo wings so I get it and I validate your points immensely.

If I may be candid, when I first seen your viral video on the news I laughed harder than I ever have before and I'm glad your taking the opportunity and using it for your own good.

We can all learn from your experiences.

A must read for all ages! Thank you again for sharing your story as you never know who you may be helping to not be silenced.

Stay in hope for those struggling daily because your time will come. We are all God's children and we must stay in faith.

Much love xoxo

Jennifer says

I have always been a person who sees life too seriously. I've never understood how people can laugh at difficult situations or find the funny in every day life. And to be honest, I've always been envious of people who have that ability. Candace's Chewbacca mask video made me long even more for that ability. I want to

laugh. I want to find the fun in the every day monotony. I want to have a sense of humor. So when I heard she was writing a book, I knew I HAD to get it. I just love how honest and transparent she is. I LOVE how she personified Joy. And after having read the book, I'm already fighting more to let Joy in and to listen when Joy calls me to play. Usually I'm too business to bother with that. But two weeks ago I took my kids out of school early just to go play in the park. Guys. I DON'T take my kids out of school unless they have a fever. Seriously. But I felt Joy calling me to play and I LISTENED. And it's because of Candace's book that I was even able to hear Joy. This book will change you.

Scottsdale Public Library says

If you were one of the millions of people who watched this Texas Mom's viral video and found yourself catching an endorphin high while laughing along with the woman in the Chewbacca mask, then you ought to give "Laugh it Up!" a read. In her inspirational self-help book, Candace Payne motivates readers to not give up on Joy, with a capital 'J.' Candace hasn't always been full of laughs, and has learned to fight for Joy. In this relatable memoir, she shares her secrets for turning some of her darkest moments into new-found freedom.

In the day and age of Facebook perfectionism, it is refreshing to read about a woman who refuses to be defined by the moments in her life. Candace opens up about her struggles with self-acceptance, poverty, and depression, and shares with readers how to find Joy when it seems all is lost.

I was shocked to find how much I had in common with the Chewbacca Mom! I laughed, I cried, had goose bumps, and immediately told 5 people to read this book.
-Caitlin D.

Danielle says

Hilarious must read we can all relate to something in this book to our own lives. Honest down to earth words straight from the funny "Chewbacca Mom" we've all come to know. Quick read you'll wish you hadn't speed through but you'll appreciate the joy It was to read.

Sherilyn says

I love Candace Payne's energy and spirit. I ordered this book thinking it would be a fun, light read. Was I ever wrong. Yes, there were times when I laughed out loud, but the depth of her wisdom and the bravery of her vulnerability astounded me. My "new" book is now covered in highlighter and has folded over pages (I know-that's the cardinal sin-sorry!) I can't recommend this book highly enough. It certainly took me on a journey of uncovering lies about who I am and what I believe. And while it was painful at times, there was hope on every page. Get it. Read it. And please keep writing, Candace! We need to hear more.

Shelly Kittell says

I find Candace Payne inspiring. I did watch the video that went viral. Her laugh is contagious. You felt the joy in it. In this book Candace tells us about a life of poverty, assault, and marital issues. She introduces us to Shame, Guilt, and Sadness (frenemies of joy). Candace has and still fights every day to find the simple joy in life. That's a real struggle for some of us. She has lit my fire to enjoy the simple things. We don't need what the Smith's have. There is simple joy in our lives that comes from God. Enjoy it!

Amber says

I really enjoyed this book and learning some Interesting things about Candace. So many things resonated with me. I laughed and cried. Great job Candace.

Denise says

I expected with the title "Laugh it UP" that i would find something to laugh at in this book. That is what I was looking for and that isn't what this book was about. To be fair, I did not read the books description, so that is on me. This book kind if falls in between a celebrity bio (although she's not much of a celebrity) and a "self help" book (but she doesn't have a background for self help), and while I do enjoy both genres, this book was like listening to one of your screwed up friends talking about how she got her shit together. You're glad for her, you cheer her on, but since she's not actually a friend you don't care and the advice doesn't really apply to you. That said there were a couple of pearls that hit home for me:

1. A heart full of joy doesn't fear correction, it welcomes it because correction offers the opportunity to grow
2. Have a heart that isn't easily offended.

It's not a terrible book. I just think, there are better and more interesting books depending on what you are looking for.

J.L. LeGerrette says

Humbling

After I finished reading Candace's memoir, I held my phone close to my heart just thinking. (I read it on the Kindle app on my phone.) I read other reviews, mostly positive, and a few that challenged her for not using her memoir for an "in your face, come to Jesus" testimony. I personally felt her words were extremely honest, open, and true to her faith. It was a power-packed testimony in my opinion. There was a journey that she shared, and was willing to bare unsettling choices she has made, in order to convey the joy that was her reward for getting back on her true path. Which of course is a dichotomy of thought because had she not "strayed" so to speak, she wouldn't have learned the life lessons that taught her true joy. No matter... This book is one of the most honest "collection of words" I've ever read. She didn't talk at us... She shares with us. She isn't preachy, she is empowering. She is a wonderful, loving woman and we are blessed to "know" her.

She is a friend in every sense of the word, although I've never met her. Thank you for your honest heart Candace!

Cynthia Jones says

I LOVED this book! So full of JOY and reading her story, it was like reading about myself. I love her resilience, her happiness, the drawings, everything! I want that same JOY she has!

Amy says

About 2/3 of the way through this book, Candace Payne provides the reader with a list of statements about herself. The last one, "I am not a writer . . .," could not be further from the truth. I have read "writers" who could not convey an idea through words if their life depended on it. Payne is plain-spoken, but she gets her points across admirably.

Also, the things that Payne has had to overcome in her life ... Chewbacca Mom, You Rock! Thank-you for laying your life out (in anecdotes) to illustrate your points. It was truly a JOY to read this book! Keep laughing!
