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DIFFERENT ADVENTURES ON PLANET EARTH...



BY STU POP FISHER

Contents

| Story Title | Page |
|--|------|
| Taking the Shine of Glossophobia : (Fear of public speaking) : Why Everyone Should Try Stand Up Comedy | 2 |
| The funny thing about laughing | 3 |
| Price goes up, Bank Balance Goes Down, Price Goes Up.... | 4 |
| SOME OF THE BEST ADVICE YOU'LL EVER GET! | 5 |
| The World Has Cancer! A TRUE STORY | 6 |
| My Name is Stu... And I'm a Pub Trivia Host | 7 |
| Genetics doesn't pass on professionally! | 8 |
| About Author | 9 |

Taking the Shine of Glossophobia : (Fear of public speaking) : Why Everyone Should Try Stand Up Comedy

What if they don't like me? what if they reject me? what if they boo? What if turning up in PJ's isn't a Dream?

There are many "strategies" to dealing with this crippling fear, such as, imagining your audience naked. However, often, these strategies aren't affective. (I'll never be invited back to speak at the Playboy Mansion again).

It's only when you look towards the BENEFITS of speaking in public that you'll see past the fear, and tackle it head on.

Speaking in public gives you instant feedback about your ideas, you'll be viewed as more a leader, you gain trust & potentially do something Great. All because you dared to be heard. Throw a laugh or two into the mix, all of these benefits have increase 10 fold.

Performing Stand-Up Comedy is one of the easiest art forms to enter into. Unlike Acting, it's easy to jump on stage with just your wit, & unlike music, you don't need to lug around heaps of gear.

Committing to try and be funny on stage forces you to look at a number of critical things:

- * The simplest way to get my message across?
- * Who's the audience/client/etc?
- * How to target your message?
- * Give you a plan of attack for messages to be most effective.

But mostly; Once you face the biggest fear, you'll realise that you can accomplish ANYTHING!

Fear is nothing! Fear doesn't hurt you. Fear only controls you if you let it.

So What if you are in PJ's? Know that you are the most comfortably dressed person in the room!

In Brisbane, Queensland, Australia

The funny thing about laughing

I love U2, but you need to see the first one to understand the plot.

Did you laugh? No? Well that's a shame. Because it's been proven that Laughing has amazing benefits that cover all facets of physical & mental health. It even helps improve your immune system!

The best part? You still get the benefits EVEN IF YOU FAKE IT! So try again!

I thought I was watching "Embarrassing Bodies" on TV; it turns out I was looking in a full length Mirror!

How about now? What makes us laugh may be subjective, laughing is beneficial to all regardless of culture, colour or religion.

We get so wound up & believe an idea can hurt us! Words will never hurt you unless we let them, and for all the tragedy that befalls us, the only thing we truly have going for us, is our ability to laugh at ourselves. Youth comes & goes, as does strength, & while we can lose our mind, we're not going to notice because we'll be NUTS!

So where does that leave us? Oh right! Laughing! Here are just some of the things it has been proven to do: Relieve stress, increase blood flow, workout large muscle groups, lower blood pressure, break down social barriers & just make us feel good. & as I mentioned; all of this is yours even if you PRETEND!

So find something that makes you laugh. Go to a comedy night, watch some funny youtube or just think about the Queen, farting during the Christmas Mesage. "My Husband **paaarrp** & I"

When the day gets too much; Remember why the chicken crossed the road!

In Brisbane, Queensland, Australia

Price goes up, Bank Balance Goes Down, Price Goes Up....

I'm heading up to Toowoomba tonight for a great little comedy gig, and looking at the gauge, realised I needed to grab petrol.

When you know you need it, you look for a good deal, and saw a Price that said \$1.33/L. Actually what it said was:

DISCOUNT PETROL

\$124.9/L

But I have become SO GOOD at decoding these stupid marketing LIES That I understand that it means: add on another 8 cents without a discount docket (used to be 4) and that "point 9" B.S. isn't making me think I'm getting change out of a thousand bucks so I'll round it up thank you!

So I knew it was \$1.33 / L... I do remember paying 50 c/L once,... IN MY DAY.. blah blah...

Anyway; I bought the Petrol and the chap at the register said...

CHAP: "You got in just in time, I just got a phone call to raise the price."

ME: "What to?"

CHAP: "\$1.53 - an extra 20 cents"

Now I'm happy I beat the price rise BUT, I like to think I have a voice for the people... or at least a loud voice so I almost yelled:

ME: "What the f**k JUST HAPPENED in the middle east to justify THAT! And are we using petrol that JUST GOT HERE? Or did you already have it in your tank when it was \$1.33?" (124.9)

There was a slight chuckle behind me and to his credit, while not looking happy, the chap behind the counter simply smirked and said

CHAP: "Have a nice day!"

No... No I won't... I can't afford to at these prices!

In Brisbane

SOME OF THE BEST ADVICE YOU'LL EVER GET!

I'm a stand up comedian, among other things. And in the time I've done comedy - I've made friends with some amazing people... I had lunch today with Wil Anderson, arguably one of Australia's top Comedians... and asked him about how to go about writing a comedy show... (I've always been a bit lax in the writing department)

He looked at me, and gave me the best piece of advice that I could ever have hoped for in this case... I think this advice doesn't just apply to Comedy writing, but to everything, life, business, friendships relationships etc... he looked at me.. paused and simply said...

"Start"

In Brisbane, Queensland, Australia

The World Has Cancer! A TRUE STORY

Doc:

Hello Mr Earth. Thanks for coming. Got your results back. It's not good I'm afraid... You have Cancer!

Earth:

Oh God! Really?

Doc:

I'm Afraid So!

Earth:

Where?

Doc:

Everywhere.

Earth:

How did this happen? What can I do about it?

Doc:

Technically you can't do anything! Your Planet body is doing it's best to fight the cancer with elements we call Natural Disasters, Extreme Temperatures, Huge Storm cells, but there's not much we can do... Unless...

Earth:

Unless what? I'll do anything!

Doc:

Well it's an unusual type of cancer. In the past there has been treatments that have had limited success.

Earth:

Like what? Is it something out of Europe?

Doc:

It's... Reason Therapy!

Earth:

Reason Therapy? What's That?

Doc:

We have to Reason with the Cancer. Get it to see that what it's doing in your planet body is not just affecting you, but it will ultimately kill the Cancer.

Earth:

But don't we want that?

Doc:

Normally Yes, But these types of Cancer Cells can Change. They can ultimately work WITH your Planet Body and help it to grow harmoniously and with love.

Earth:

Wow that's incredible. So what do we have to do?

Doc:

We need to tell every Cancer Cell we can that it's Hurting you. We need to get every cancer cell to see that if you die.. So do they! And when we change enough of them, the rest will start to change to!

Earth:

And If We Don't?

Doc:

Then we ALL lose!

My Name is Stu... And I'm a Pub Trivia Host

For the last 5 years or so I've hosted Pub Trivia around SE QLD, & I really enjoy it. For the last 3 years or so I've written almost all of the questions I use myself.

I've even been on Millionaire Hot Seat as a contestant. Not that much happened other than me making a bit of a dick of myself, and that was BEFORE I danced the SPRINKLER while hoping out of the studio on Camera! (a story for another time) Before the Harlem Shake!

Anyway... If I had to say ONE thing about what I've learnt while hosting trivia, it's not that the '100 year war' lasted 116 years (I mean come on, who names these things), and it's not even that the collective Noun for Cheetahs is a Coalition (Ain't that the truth political watchers? By way, the collective noun for Moles is LABOUR. & therefore; The head Mole will be?)

What I have learnt is that sometimes, just sometimes, people are so anal that furniture sucks up there arse when they sit down!

I've been threatened physically 4 times while hosting Pub Trivia. From people who were so sure that I was wrong and they were right and that alcohol is a great substitute for a personality. I bet that never happened to Eddie Maquire.. Pity.

One time, A gent, who didn't like my answer came up, while I was hosting and offered to 'take me out to the car park to talk about it'- His team apologised for his behaviour saying 'he's one quarter viking, that's why he's angry'!

WTF? It's a game!

I'm one half vet; but I wouldn't let me near your cat!

In Brisbane, Queensland, Australia

Genetics doesn't pass on professionally!

My Father's a Vet!

All my life I've been lucky to see some cool things in the animal world because dad's a Vet. We had all sort of animals in his Vet Hospital including; Snakes, Exotic Birds, a Koala or two, and Even a Tiger Cub. (from a nearby traveling circus). All up, I've been pretty lucky.

One thing continues to amaze me, however, is that for some reason, people think that Info gained in 6 years spent at University and nearly 30 years he had in practice before I was born is genetic; It's NOT!

E.G. While I was at University, I used to tutor Maths, I was studying to be an engineer; it seemed a decent way to make some cash, but one mother would ALWAYS ask me questions I couldn't answer!

Mother: Hey Stuart, Your Dad's a vet right?

Stu : Yeh?

Mother: Is my Cat Pregnant?

How the hell would I know? I didn't screw it, & if I did I certainly would have used a condom. The plain fact is: My Dads knowledge of Vet Science did not pass along in his sperm. Fortunately neither did his personality.

I answered this in the only, non-violent way I could think of:

Stu : What did/does your father do?

Mother: Plumber?

Stu : So Can you come round and fix my leaky toilet?

Mother: No!

Stu : TA DAH!

She still didn't get it!

I still get the occasional request. So I decided to learn some vet skills. So next person to ask anything about if I can help with their pet; get's their temperature taken.

Rectally!

Love Your Work

In Brisbane

About Author

Stu Pop Fisher

STu Fisher: Comedian Singer Actor EmCee Lover fighter pilot giant killer academy award winner top selling author masterchef winner Liar!

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