

Title:

The Power Of Laughter

Word Count:

403

Summary:

Laughing has tremendous power. Not only can it make you feel joyous and put others at ease but

Keywords:

personal development, self improvement, self help, mental health

Article Body:

Did you realise that laughter can heal?

The experience of laughing has been proven to be an extremely potent tool for self healing. If

Why and how did this happen? Is it really possible to laugh your way back from sickness to he

Well it has been observed by the medical profession that when you laugh, there are certain che

However, when you allow stress to take over and live your life from a very serious standpoint

So if you try to see the funny side of things in life (and there always is one) you are actual

If you constantly dwell on feelings of negativity you are not allowing yourself to see the hum

Here are some hints if you want to take advantage of the positive effects of humour.

1. Do things that you really enjoy and find funny.
2. Watch comedies that make you laugh.
3. Read a magazine or funny book.
4. Repeat the jokes you like to friends and family. Their laughter will have you laughing aga
5. Share funny stories that have happened to you.
7. Seek out the company of people you find funny.
8. Ask friends and family to tell you about their funny experiences.

You should to have a good belly laugh at least once a day. Why not laugh your way to a healthy

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