



Laughter Therapy: Discover How to Use Laughter and Humor for Healing, Stress Relief, Improved Health, Increased Emotional Wellbeing and a More Joyful and Happy Life (Paperback)

By Ace Mccloud

Pro Mastery Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Would you love to have more laughter and joy in your life? Whether you want to (1) bring more laughter into your life, (2) feel more joy and enthusiasm, or (3) enjoy bringing more smiles and happiness into the world, this book will teach you everything you need to know. Laugh out loud. This book covers an incredible variety of strategies, techniques, therapies, and lifestyle choices that can help bring more joy and laughter into your life. Life is so much more enjoyable when you actively incorporate laughter and humor into it. Don't just wait for it to happen, learn incredible techniques to actively promote laughter for yourself and others on a daily basis. Enjoy the many benefits of laughter. You know it's hard to keep a straight face in front of absolute hilarity. Use this book as a guide and spend some time around other people who are interested in more joy and humor. Feel the healing power of chortles, guffaws, giggles, and whoops of laughter while with friends or family members. There's an art - and a...



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