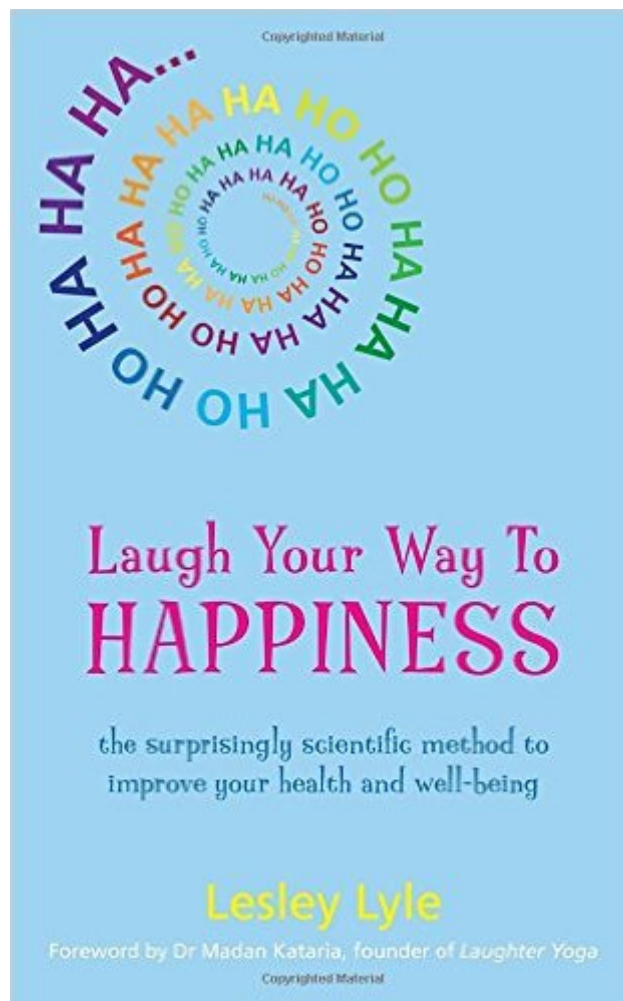


The book was found

Laugh Your Way To Happiness: The Science Of Laughter For Total Well-Being



Synopsis

Lesley Lyle presents the surprising scientific evidence that reveals the importance of laughter for our mental and physical health, our prosperity, our relationships, our careers â “ in fact, every aspect of our lives. Drawing inspiration from Laughter Yoga, a movement founded in India by Dr Madan Kataria that uses laughter and breathing exercises to bring about amazing changes in the health and well-being of thousands of individuals, Lesley reveals: The scientific evidence of laughter's beneficial effects on our health, including lowering blood pressure and improving concentrationThe emotional aspects of laughter and how it can alleviate anxiety, stress and depressionThe spiritual aspects of laughter and how it can help provide a sense of connection and wholeness Throughout Lesley reveals how to bring more laughter into your daily life, including practising simple but fun exercises that will help you see opportunities for laughter in the most unexpected places. Laughter can be simulated as an exercise in a group; with eye contact and childlike playfulness, it soon turns into real and contagious laughter. This is a book that will delight, as well as inform â “ most importantly, it will positively change your life.

Book Information

Paperback: 256 pages

Publisher: Watkins Publishing (June 17, 2014)

Language: English

ISBN-10: 1780286740

ISBN-13: 978-1780286747

Product Dimensions: 4.9 x 0.7 x 7.8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (3 customer reviews)

Best Sellers Rank: #499,579 in Books (See Top 100 in Books) #49 inÂ Books > Humor &

Entertainment > Humor > Theories of Humor #1393 inÂ Books > Self-Help > Stress Management

#2812 inÂ Books > Health, Fitness & Dieting > Mental Health > Happiness

Customer Reviews

Laughing for no reason is a hard concept to grasp, but this book makes it real. I loved the blend of practical tools, real-life stories, and physiological science. The personal stories make it come alive, from Lesley's story of how she came to teach laughter yoga, to the stories of people who were helped by it. My favorite is the one about the lady who released years of pent-up rage in 5 minutes by venting at her ex-husband in Gibberish. You will never say, "I have nothing to laugh about" after

you read this book. You will have tools to give yourself the mind-body experience you want instead of waiting for the world to give it to you.

Self-help books tend to be very earnest and intense, this one however is about lightning up. It talks about the great value of laughter not only to improving your mental state but your physical state as well. The hormones released by laughing relax the blood vessels, lower your blood pressure and reduce other markers of stress. The good news is that you can fake it till you make it. Faking or forcing laughter, it turns out, gives you pretty much the same benefits as doing the real thing spontaneously. The author went to India to study with the originator of laughter yoga, which has been catching on around the world because it's fun as well as healthful. So how about it, let's gather in groups and get our giggle on!

I bought this book thinking laughter yoga ...was well something to be laughed at. However after reading this book and trying laughter yoga for myself I have to say I am convinced by it. This is a great book which has been written by someone who has clearly researched their subject and have a love for it. It leads you wishing there were more wannabe Santa Claus's out there HO HO HO

[Download to continue reading...](#)

Laugh Your Way to Happiness: The Science of Laughter for Total Well-Being Super Brain: Unleashing the Explosive Power of Your Mind to Maximize Health, Happiness, and Spiritual Well-Being Total Feng Shui: Bring Health, Wealth, and Happiness into Your Life Laugh Your Way to Grace: Reclaiming the Spiritual Power of Humor Laugh Your Way to Real Estate Sales Success: For Real Estate Agents, Wannabes, UsedToBes, & Those Who Love Them! The Way of Mindful Education: Cultivating Well-Being in Teachers and Students (Norton Books in Education) The Pursuit of Happiness: Ten Ways to Increase Your Happiness (Paul G. Brodie Seminar Series Book 3) Chilton Total Car Care Jeep Wrangler 1987-2011 Repair Manual (Chilton's Total Care) The Total Money Makeover: Summarized for Busy People (The Total Money Makeover, Dave Ramsey) The Total Latin Guitarist: A Fun and Comprehensive Overview of Latin Guitar Playing , Book & CD (The Total Guitarist) Feeling Good: The Science of Well-Being Your Health in Your Hands: Hand Analysis as a Guide to Well-Being A Tablespoon of Love, A Tablespoon of Laughter: Cookies & Casseroles, Prayers & Praises, Soups & Stories, & Joy ... All the Way The Art of Happiness in a Troubled World (Art of Happiness Book) El Poder de la alegrÃa - a - The power of real Happiness: PequeÃas cosas detalles que nos cambian la vida - Happiness Factory (LAS CLAVES PARA TENER Ãxito EN LA VIDA) (Spanish Edition) Living Well with Endometriosis: What Your Doctor Doesn't Tell

You...That You Need to Know (Living Well (Collins)) Living Well with Endometriosis: What Your Doctor Doesn't Tell You...That You Need to Know (Living Well (Collins)) by Morris, Kerry-Ann 1st (first) Edition [Paperback(2006/4/4)] Living Well with Endometriosis: What Your Doctor Doesn't Tell That You Need to Know (Living Well (Collins)) by Morris. Kerry-Ann (2006) Paperback Super Genes: Unlock the Astonishing Power of Your DNA for Optimum Health and Well-Being Improve Your Horse's Well-Being: A Step-by-Step Guide to TTouch and TTeam Training

[Dmca](#)