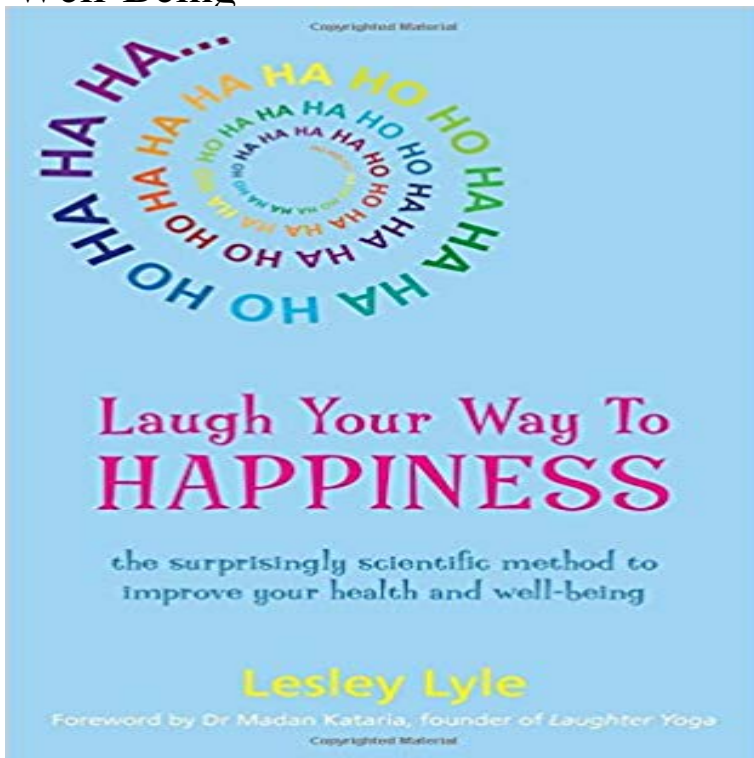


Laugh Your Way to Happiness: The Science of Laughter for Total Well-Being



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 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 concentration. The emotional aspects of laughter and how it can alleviate anxiety, stress and depression. The 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 most importantly, it will positively change your life.

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