

## Compassionate Laughter: Jest for Your Health (2nd edition)

*Patty Wooten*

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There is no doubt that laughter is good for you. But, how good is it for you? And, how is it good for you? This book provides scientific explanations of the health benefits of laughter.Anecdotal stories demonstrate how others have utilized their comic potential to cope with stress and change. You will also find guidelines and techniques to help you develop your sense of humor and use it to attain optimal health.