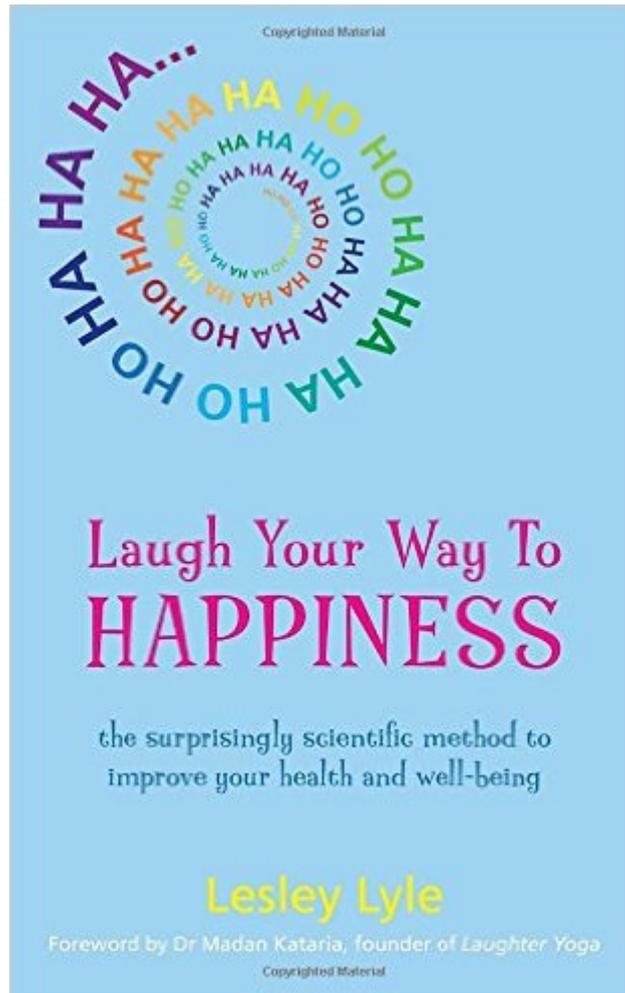


The book was found

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 – 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.

Book Information

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#2812 in 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

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