

# THE CONNECTION BETWEEN LAUGHTER HUMOR AND GOOD HEALTH%0A

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Connecting Laughter, Humor and Good Health Laughter is the biological reaction of humans to moments, or occasions of humor. It is an outward expression of amusement.

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## **The Connection between Laughter Humor and Good Health**

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## **The Connection between Laughter Humor and Good Health**

The Connection between Laughter, Humor, and Good Health Your body cannot heal without play. Your mind cannot heal without laughter. Your soul cannot heal without joy.

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## **The Connection between Laughter Humor and Good Health**

Your mind cannot heal without laughter.Your soul cannot heal without 1. HSW-CAW.807The Connection between Laughter, Humor, and Good Health Your body cannot heal without play.

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## **The Connection between Laughter Humor and Good Health**

The Connection between Laughter, Humor, and Good Health Laughter sounds the same across cultures, leading some researchers to believe that laughter helped bond our ancestors together. In fact, the sound

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## **Discover the Powerful Connection Between Laughter Humour**

A good sense of humor, regular bouts of laughter and playing games all have a part in keeping us healthy. There are many benefits to increasing the amount of humour, laughter, and playing into your life; collectively it will affect you mentally, physically and socially.

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## **Laughter is the Best Medicine HelpGuide org**

As laughter, humor, and play become integrated into your life, your creativity will flourish and new opportunities for laughing with friends, coworkers, acquaintances, and loved ones will occur to you daily. Laughter takes you to a higher place where you can view the world from a more relaxed, positive, and joyful perspective.

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## **belly laughs get the same benefits our body can t tell**

Science Findings and References Mirthful laughter provides a good workout which can regulate and optimize the body's vital functions.

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## **The Benefits of Laughter The Secret Zone Magnetize**

In fact, Dr. Robert Provine, the world s leading scientific expert on laughter believes that laughter is

not primarily about humor, but about social relationships. Laughter strengthens the connection between people and establishes or restores intimacy.

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