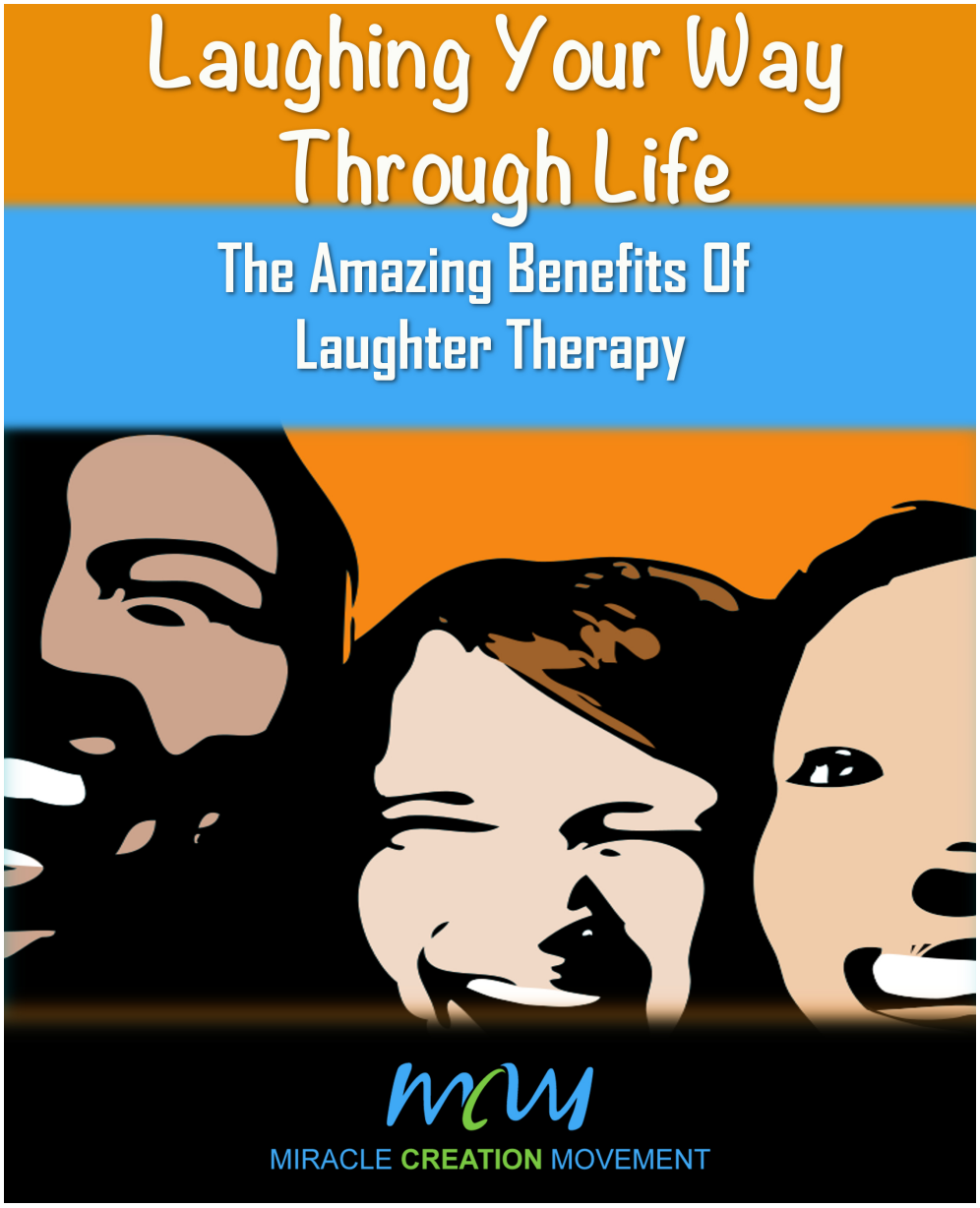
Laughing Your Way Through Life

The Amazing Benefits of Laughter Therapy



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Foreword

Laughter can be thought of as a gift. We can use it to brighten our days as well as the days of others. One of the best things about laughter is the fact that it can be contagious. I am sure you have experienced on more than one occasion, where you found yourself laughing with others and weren't really sure why.

We should embrace every opportunity that we are presented with to laugh. Doing so will ensure that we remain happy, confident and healthy.

Laughter brings a lot of benefits with it. We can use it to brighten our days, make a bad situation seem better and express our sense of humor. Aside from all of that, it just feels good to laugh.

Think back to when you were a child. Life was great, wasn't it? You didn't have a care in the world and life was full of joy and laughter. You can once again enjoy this childhood happiness, you just have to learn to laugh more!

That is where laughter therapy comes in handy. Laughter therapy is a type of therapy that utilizes exactly what its name suggests, laughter. This non-invasive therapy has been becoming increasingly popular and for good reason.

Laughter therapy can be used to treat many psychological issues and is even believed to help treat certain health issues. Some highly respected cancer treatment centers are even beginning to use laughter therapy as part of their treatment plans. Cancer Treatment Centers of America would be an example of one of these treatment centers.

The following chapters of this book will go more in depth into laughter therapy and will explain to you what exactly laughter therapy is, how it works, and the potential benefits that it can offer.

Laughing Your Way Through Life

The Amazing Benefits of Laughter Therapy

Chapter 1:

The Basics of Laughter Therapy

Synopsis

If you mention the term laughter therapy to a group of about ten people, more than half of them would have no idea what you are talking about. Chances are, you may not know much about laughter therapy either. The reason for this is likely the fact that this type of therapy is fairly new.

The benefits of laughter have been known for a very long time. However, it was not until fairly recently that laughter therapy was created. This type of therapy is entirely non-invasive which makes it a valuable candidate to many people.

The more that laughter therapy is used, the more people are becoming aware of how powerful it is. There are people who will swear to the fact that laughter therapy helped save their lives.

If you would like to learn more about laughter therapy and why it works for both psychological and physical health issues, continue reading as the following chapter is full of useful information.



The Basics

So what exactly is laughter therapy? It is a type of therapy that utilizes one of the most basic blessings in life, laughter. It only makes sense that laughter could be used as a form of therapy when you think about it. After all, think about how good it feels to laugh. You can literally be having one of the worst days in the world and it can all be forgotten with a simple laugh.

There is a reason that we as humans are able to laugh. It is necessary in our lives. You know the old saying, “all work and no play makes Jack a dull boy”? Well that old time saying can also be applied to laughter. Those who do not take the time to laugh and are always caught up in work related issues or other stressful situations tend to become dull, dark, and cold people.

The problem with this is the fact that it can begin to take a toll on a person’s physical health as well as their psychological health. A true snowball effect can take place over time. The longer the person goes without laughing and enjoying life, the larger the snowball of negative effects will become and the harder it will be to stop!

Luckily, laughter therapy can stop this snowball effect. The truth is, laughter can do much more than just make us feel good on the inside. There are many doctors who believe that laughing can actually help to heal people and can even treat certain diseases such as cancer. There is even hard evidence that shows that people with cancer showed improvement with the use of laughter therapy.

Laughter therapy works by utilizing the natural power of happiness. When we laugh, we release chemicals from our brains. These chemicals are natural and are responsible for making us feel good, both on the inside and the outside. It is believed that the happier a person is the healthier they will be both psychologically and physically.

Who would have ever thought that the act of deliberately laughing could offer so many positive benefits? Well get used to the thought because it is true! Laughter therapy does not even require you to laugh genuinely.

It can be an entirely made up laugh which means anyone can do it, no matter what psychological or physical health condition they are in.

Laughter therapy can be conducted in a group or it can be done entirely on your own in the privacy of your own home. Whichever one makes you the most comfortable is the option you should choose. Some people find it easier to produce a fake or genuine laugh while around others, as mentioned earlier, laughter can be contagious. While on the other hand, some people find producing a fake laugh in front of others to be awkward. No matter what your preferences are, there is sure to be a form of laughter therapy to suit them.

Laughter therapy can be performed all throughout your day. All you have to do is find ways to humor yourself. For example, watching a funny movie, listening to standup comedy, or reading some of the comics from the daily paper could all be forms of laughter therapy. Your laughter therapy sessions do not need to be conducted in a formal environment, however there are formal options available for those who would prefer to conduct their sessions in that manner.

This alternative type of therapy offers people the opportunity to have freedom while in therapy. There is no medication to take, no strict diet plans, and no rules that keep you from living your normal life. All it requires you to do is laugh! Sounds like a winning situation form all sides, doesn't it?

In all honesty, the hardest part of laughter therapy is likely getting over the awkwardness of forcing a laugh in the beginning. This is especially true for some people during group laughter therapy sessions. For this reason, you may want to consider conducting your laughter therapy sessions in private or with those you are comfortable around in the beginning. Although it may be awkward in the beginning, with practice and time, it will be second nature.

Now that you know the basics of laughter therapy and what exactly it requires, let's move on to the next chapter which will go over the benefits of laughter therapy and why it is becoming increasingly popular.

Read on if you want to bring the potential benefits that laughter therapy has to offer into your life.

Chapter 2:

Why Laughter Therapy is used

Synopsis

There are many different types of treatments and therapies that are readily available on the market so the question is, why choose laughter therapy? To be perfectly honest with you, there is probably at least a hundred different responses to that question.

The list of benefits that be gained from using laughter therapy goes on and on. In fact, laughter therapy has the potential to work just as well as any other therapy. This provides many people who are tired of not getting results from their current treatments a way to try something new that actually works and is entirely natural!

To give you an idea of why laughter therapy may be a valuable option for you, the following chapter will provide you with some examples of the benefits of laughter therapy and what it can be used to treat.



The Many Uses of Laughter Therapy

There is a seemingly endless amount of uses for laughter therapy and an equal amount of benefits that can be gained from it as well. It can be used as a preventative measure or it can be used to help people heal quicker or treat certain physical and mental illnesses.

Laughter therapy can be used on its own or in combination with other forms of treatment and therapy. Some doctors are even starting to include laughter therapy in their treatment plans for those who are expected to have lengthy stays in hospitals, especially children.

Believe it or not, laughter therapy is actually very effective. Many people are skeptical and think that it is a big sham. These people are entitled to their opinions and their doubt is understandable. On the other hand, many other people are aware of the benefits and uses of laughter therapy and the number just continues to grow.

Perhaps one of the biggest perks of laughter therapy and one of the biggest contributors to its popularity is the fact that it does not require the use of dangerous medications. More often than not, the medication that a doctor prescribes you has a list of side effects that is longer and worse than your original issue. For example the doctor might say, “Take this pill for your headache but watch out for the side effects such as blurred vision, tiredness, nausea, dry mouth and potentially even headaches”. Though this sounds ridiculous, it does happen and you may have even experienced it before in the past. Laughter therapy offers those who would rather not take medication the ability to heal themselves in a more natural fashion.

If you are wondering whether laughter therapy may be a suitable option for you, take into consideration some of the following examples of issues that laughter therapy can be used to treat.

- **Has the potential to heal quicker**

  When we laugh we cause many of the muscles throughout our body to move. This causes our pulse to rise and in turn our blood pressure goes up which will then supply more blood and oxygen to tissue. This is great for people who are trying to heal an injury because it offers them a way to feel great and heal themselves quicker, all at the same time!

- **Great for Heart Health**

  There have been studies that have been conducted on the physical effects of laughter. It was found that about one minute of laughter can actually offer as much cardiovascular exercise as about ten to fifteen minutes on a rowing machine could. Although laughter is not a probable solution for the gym, it is something you can do while you are not able to work out.

- **Helps Depression**

  If you have ever experienced depression, you know how damaging it can be on your life and are well aware of the toll it can take on your mental and physical strength. It can be extremely hard to get yourself out of a depressive state, at times it can feel impossible. If this is an issue you are currently experiencing, I have good news for you!

Laughter therapy is believed to be extremely effective when it comes to treating depression. You may be asking yourself, if I am depressed how am I supposed to laugh? As mentioned earlier, your laugh does not need to be genuine. The simple act of faking a laugh is believed to have the power to trick your brain into producing the same effect as a real laugh. It is truly amazing when you really think about it.

- **Stress Reduction**

  Stress is something that cannot be entirely avoided in life. No matter how hard you to try and avoid stress, it somehow seems to find you. That is why it is so important that you are aware of ways that you can reduce your stress levels. Stress can be much more than just an irritating inconvenience. Over time it can actually cause serious health issues.

  For this reason I am glad to inform you that laughter therapy works wonders when it comes to reducing stress. It may be hard but it is best to always try and find the humorous side of things. It may not seem like it, but there always is one.

- **Respiratory Benefits**

  When you laugh deeply a natural occurrence happens where you exhale more air than you inhale. This completely empties the lungs and has many respiratory benefits. One of which is the cleansing effect that occurs during the process. This can offer those who suffer from emphysema and other respiratory issues some relief.

- **Enhanced Immune System**

  It is believed that laughter therapy can help people to develop a stronger immune system. This is a benefit of laughter therapy that should be passed up by no one. It seems like there is a different type of disease outbreak on the news every day and new strings of viruses constantly being reported. For this reason it is always a good idea to make sure that you are prepared to protect yourself with a healthy immune system. Laughter therapy also offers those who are undergoing certain types of other medical treatments which suppress their immune systems a little more protection.

- **Pain Relief**

  Laughter is believed to naturally relive pain. This is great news for those who experience pain on a regular basis and do not want to begin a regimen of pain killers.

As you can see, there is quite a few reasons why laughter therapy can be beneficial and many different uses for laughter therapy. The best way you can determine if it is a good fit for you or not is to simply give it a try. After all, it is completely safe and it might be the best thing you have ever discovered.

Chapter 3:

The Amazing Benefits of Laughter Therapy for Cancer Patients

Synopsis

If you are a cancer survivor or are currently battling cancer, or know someone who is, you are well aware of the fact that cancer is no laughing matter. However, laughter can possibly help treat the disease.

As mentioned earlier, laughter therapy is gaining popularity across a wide variety of people, including doctors at cancer treatment centers. Cancer Treatment Centers of America is a highly respected cancer treatment center and they offer laughter therapy in their treatment plans.

There is actual evidence that supports the belief that laughter can slow down and even reverse some of the effects of cancer. Of course laughter alone is likely not enough to cure cancer, but it can definitely help.

The following chapter will go over the benefits that cancer victims can receive from using laughter therapy.



Fighting Cancer with Laughter

Fighting cancer is the equivalent of fighting for your life. For this reason, anyone who is battling cancer can surely use any help they can get. Laughter therapy has been found to be extremely effective when it comes to treating certain cancer patients.

The laugher therapy is not enough alone to beat cancer. Unfortunately those battling cancer will likely have to undergo chemo sessions and other unpleasant treatments. However, laughter therapy can provide them with the mindset and will power they need to win the fight.

Many of the treatment that people have to go through when battling cancer drains them both mentally and physically. The problem with this is the fact that it is believed that half the battle of winning cancer comes from someone's mindset as well as their will to continue fighting. Laughter therapy can help cancer victims by keeping them from becoming emotionally and physically drained and providing them with a reason to continue fighting.

Making the world a place of happiness and joy makes it seem like a place that is worth fighting to stay in. Though it may seem scary at times it is important that you put a smile on your face and enjoy life. Replace the tears with laughs and the fear with joy!

There are quite a few benefits that come from laughter therapy that increase a person's chances of beating cancer. The following are a few examples of the physical benefits that can be received.

- **Increased Oxygen Intake**

  When we laugh we increase the amount of oxygen that we take in. As mentioned earlier, this can be a great form of cardiovascular exercise but it can also be used as a great weapon when it comes to fighting cancer. Oxygen is very important to our body, especially when it comes to our organs and our tissue. Our body is better able to heal things when it has an abundance of oxygen. For this reason some people would recommend that you laugh as much as possible.

- **Release of Endorphins**

  Cancer can be quite painful. In fact, the daily pain is what causes some people to give up the fight and lose the drive to continue battling. Pain must be managed in order to enhance the chances of beating cancer. However, some people do not like the idea of having to take a cocktail of pain relieving drugs. Luckily laughter therapy offers an alternative to dangerous painkillers. This is possible because laughter releases endorphins which are known as the body's natural pain killers. While it may not be enough to completely rid the need for pain killers, it will likely reduce the amount needed.

- **Makes Digestion Easier and can Soothe Upset Stomachs**

  Proper nutrition and a healthy diet are also very important when it comes to battling cancer. It can be difficult at times to eat properly though because of the effects of the cancer treatments. Common side effects of these treatments include nausea and vomiting, both of which can destroy an appetite. For this reason I am glad to inform you that laughter therapy is believed to help soothe upset stomachs so that it is easier for cancer patients to eat. It is also believed that laughter therapy helps the digestion process which will further contribute to healthier eating patterns.

- **Enhanced Circulation**

  No matter what nutrients your body takes in, without proper circulation it will not get to where it is needed. Laughter therapy is believed to increase circulation which allows the body to absorb more nutrients and strengthen itself for battle.

- **Improved Immune System**

  It is important while battling cancer to avoid becoming ill with anything else as this just weaken your body and make it less able to battle the cancer. Laughter therapy is believed to boost the immune system. Therefore you can protect yourself by doing something as simple as laughing.

There are many more physical benefits that can be received from using laughter therapy as well, the above were just a few examples. There are also mental benefits that can be gained from using laughter therapy while battling cancer, which is good news as it is believed that half of the fight comes from your mindset. The following are a few examples of these mental benefits.

- **Better Attitude**

  Cancer can really run a person down and cause them to develop a negative mindset and attitude toward the world. This is understandable when you take the time to try and see things from their perspective. Laughter therapy can help to change their attitude and shift it toward a more positive one. Many cancer survivors will testify to the fact that if it wasn't for their positive mindset, they would no longer be alive. Laughing will make you have a better day, a better mindset, and a stronger will to fight so why not give it a try?

- **Reduced Stress Levels**

  It is not uncommon for people to experience a lot of stress and anxiety while battling cancer, and for good reason. However, high amounts of stress and anxiety will not help beat the cancer, it will just make things much worse. It may seem like an impossible task to relax while battling cancer but you can do it and laughter therapy can be the tool that helps you get it done!

- **Better Rest**

  Certain studies have shown that excessive amounts of laughter promote healthy sleeping patterns. This is something that should definitely be taken advantage of by those who are battling cancer, and any other disease. Rest is very important for a strong body and you need to be strong to battle cancer. Laughter therapy can help you enjoy your day more while you are awake and have a better sleep at night.

- **Strengthened Social Bonds**

  Certain studies have shown that those who have strong social bonds and close relationships have better chance when it comes to surviving cancer. Perhaps this is prove of how important love and happiness is in life. Laughter therapy has been found to be effective when it comes to strengthening social bonds and creating happier relationships, which in turn will provide you with more hope.



Chapter 4:

Laughter Therapy Exercises

Synopsis

There are many different types of laughter therapy exercises that can be done. In all honesty, anything that will make you laugh will do the trick. However, sometimes it can be difficult to produce a genuine laugh. This is where exercises that are specifically designed to induce laughter come in handy.

Many of these exercises do not feel like exercises at all. Instead they feel like fun activities because that is exactly what they are. No matter what kind of person you are or what interests you, there is sure to be a laughter therapy exercise that works for you.

The following chapter will go over some examples of laughter therapy exercises. Keep in mind, there are many more options than what will be listed. The possibilities are basically limitless. As stated before, as long as it will make you laugh it will work!



Exercises that Promote Laughter

It can sometimes feel quite awkward to try and make ourselves laugh. Luckily there are exercises that are specifically designed to make you laugh. There are literally hundreds of different exercises that can be found online and in other resources. In fact, in the next chapter I will provide you with some links to other resources so that you my conduct some of your own research if you are interested.

To help get you off to a good start with laughter therapy I will provide you with a few examples of different types of laughter therapy exercises.

- **Hearty Laughter Exercise**

  This exercise is believed to release laughter from the heart. To do the heart laughter exercise begin by spreading your arms out wide. You will then look up into the sky and begin to laugh. Make sure that you try and envision the laughter coming from your heart.

- **Gradient Laughter Exercise**

  To do the gradient laughter exercise all you have to do is smile and then force yourself to giggle. While giggling it is important that you begin at a slow pace and then slowly increase your tempo. Try using different tones as well as this will increase the effectiveness of the exercise. The increase in tempo and change in tone will likely produce a genuine laugh sooner or later.

- **The Clueless Laugh**

  This exercise is actually quite helpful for relieving stress. To do the exercise you will need to begin laughing the next time you start getting stressed out over a situation.

Do not hold back on the laugh, really let it out. It is important that you convey the message that you are clueless as to why you are laughing with your body language and eyes. While this may be an extremely effective stress relief exercise, it is probably not something you want to do at work.

- **The Broke as A Joke Exercise**

  The next time you are stressed out over money problems don't let it get to you. Instead you may want to consider giving the broke as a joke exercise a try. Simply stick your hands in your pockets, turn them inside out, and make a joke out of the fact that you are broke. It seems like a crazy idea but it is effective.

- **Static Shock Laughter Exercise**

  This exercise is a bit wild and is something that you should probably do at home instead of a place such as work. It involves you pretending that everything that you touch shocks you with static electricity. Jump back and begin to laugh. Repeat the exercise over and over until a genuine belly laugh is produced. This exercise is a lot of fun and it works well.

Laughter therapy is beneficial for children as well. While the exercises used by children are pretty similar to the ones used by adults, there are some minor differences. The following are some examples of laughter therapy exercises that are designed for children.

- **The Baby Laugh Exercise**

  This particular exercise is usually conducted in a group environment but it can be done alone as well.

The way the exercise works is the child makes baby laughter sounds until they find the sounds funny and produce a genuine laugh. The reason that this is usually done in groups is the fact that laughter can be contagious which will improve the effectiveness of the exercise.

- **Animal Laughter Exercise**

  This is another exercise that tends to work better in a group setting. To do the animal laughter exercise the child will need to imitate what they think their favorite animal would laugh like. Each child then takes a turn. Eventually one of the children will likely make a sound that will get the whole group laughing.

- **The Frog Laugh**

  Children tend to find the frog laugh exercise to be a lot of fun. This exercise is done by squatting on the floor and then saying ha. The child would then hop and then say ha ha. The child would then continue to jump and say ha in quick succession until a laugh is produced.

As you can see, there are quite a few different exercises that make laughter therapy a lot of fun and easy to do.



Chapter 5:

Additional Resources

I hope that the information that has been provided to you in this book has gotten you really interested in laughter therapy. There are many people who have changed their lives with the use of laughter therapy, you can be one of them too.

If you would like to learn additional information on laughter therapy and how it can help you to be the best you can in life, you may want to consider checking out some additional resources.

Check out some of the following links if you would like to learn more:

- **Health benefits of laughter therapy**

https://www.youtube.com/watch?v=E2LlaMv0358

- **Here is a video to give you an idea of what a guided session goes like**

https://www.youtube.com/watch?v=0K-Fq0Nn28U

- **Here is an exercise that you can do in the comfort of your bed**

https://www.youtube.com/watch?v=P92pJ9VaX4k

- **Here is an explanation from a doctor about the benefits of laughter therapy**

https://www.youtube.com/watch?v=79BCGdOLnoE

Hopefully you find any additional information that you need at one of these sites. If you are still left with questions you can simply Google laughter therapy and you will surely be surprised by the amount of information you can find on the subject.

Wrapping Up

I hope some of the information that has been provided in this book has got you seriously thinking about giving laughter therapy a try. After all, it is completely safe, in most cases it is cost free, and it might just possibly change your life.

You no longer have to be a slave to stress and other unpleasant emotions. You can get back in the driver's seat of your life and the best part is the fact that you can laugh your way there.

It is extremely important that you understand that this type of therapy will likely take some getting used to. You will likely feel awkward in the beginning when you force a laugh, especially over long periods of time. However, if you keep practicing it will get easier and you will become more comfortable which will only make the exercises and the therapy more effective.

As well, you must give the therapy time to work. You cannot expect to laugh a few times today and wake up tomorrow as a completely different person, it does not work that way! Laughter therapy can take some time but the payoff in the end will make the effort worth it.

Laughter therapy may possibly be the best thing that ever happened to you in life, but you won't know if you don't give it a try. So ask yourself, what is keeping you from giving laughter therapy a try.

Even if you find that laughter therapy is not a good fit for you, the only thing that you would have lost is the effort it took to laugh. Doesn't sound like too much of a risk now does it?

I hope that laughter therapy is an option for you and that it ends up changing your life in a positive way.

I thank you for your time and I wish you the best of luck. I hope you are able to apply the information you have learned about laughter therapy and that you are able to laugh your way straight to the top.

The benefits that laughter therapy has to offer are truly endless. Give laughter therapy a try so you can begin to experience these benefits like many others have chosen to do.

