



The Humor Revolution: Laugh More. Stress Less. (Paperback)

By Dr Alice

iUniverse, United States, 2008. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Do you want to laugh more and stress less? You can when you join The Humor Revolution led by Dr. Alice Glasser, a public health physician. She unveils startling findings on how humor can benefit your mind and body, and relieve stress making you a healthier and happier person. You don't have to live your life as if you're in need of a teddy bear to hug! Armed with her Weapons of Laugh Instruction and a cache of hilarious tales from her book Where Can I Be Decaffeinated? Dr. Alice uses Laughs on Learning to show you how to seek out and develop more humor in your life. Discover your Laughter IQ as you create your own Humor Self-Portrait. Learn how humor can relieve stress from everyday life to emotionally complex issues. Find out why humor is the ultimate Feel Good Lifestyle Choice. Fast-paced, funny and fact-filled this is a revolution not to be missed!.



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