

LAUGH YOUR WAY TO HAPPINESS: LAUGHTER YOGA AND THE NEW SCIENCE OF HEALTH AND WELL-BEING (PAPERBACK)



Watkins Media, United Kingdom, 2014. Paperback. Book Condition: New. 194 x 124 mm. Language: English . Brand New Book. In this book, NLP coach, clinical hypnotherapist and founder of Lesley Lyle, helps people connect with the powerfully healing gift of laughter. Lesley presents the evidence from science 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. Laugh your Way to Happiness outlines the inspiration provided by 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 then goes on to outline: The scientific evidence that reveals the benefits of laughter for 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 the book 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. She also provides case studies of individuals whose lives have been transformed by accessing the power of laughter. Lesley explains that we can all laugh for no reason , without relying on humour, jokes or comedy. 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.



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