



# The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier

*Isaac Prilleltensky*

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Do you experience stress? Are you interested in better health and well-being? Do you pursue happiness? If you answered yes to any of these questions, you need to read this book. If you answered no, you're in denial. All of us can use a little help to become happier or healthier. Unfortunately, the help we get is often too scary: "if you don't do this or that, some catastrophic event of epic proportions will happen." Prilleltensky's approach, in contrast, is to help you become healthier and happier through laughter. In this hilarious book, Prilleltensky combines humor with science to help you improve your well-being. Each chapter consists of the *Laughing Side*, a series of funny stories; and the *Learning Side*, a research-based, user-friendly guide to health and happiness. The first chapter provides an overview of well-being, while subsequent chapters cover each of its six domains: Interpersonal, Community, Occupational, Physical, Psychological, and Economic (I COPPE). When you finish the book you'll have a greater understanding of your life, and ways to make it better.

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Reading can called head hangout, why? Because when you find yourself reading a book specially book entitled The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier your thoughts will drift away trough every dimension, wandering in each aspect that maybe unknown for but surely can become your mind friends. Imaging every single word written in a publication then become one application form conclusion and explanation that maybe you never get previous to. The The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier giving you another experience more than blown away your head but also giving you useful data for your better life with this era. So now let us present to you the relaxing pattern this is your body and mind will probably be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary shelling out spare time activity?

#### **Gary Lopez:**

The Laughing Guide to Well-Being: Using Humor and Science to Become Happier and Healthier can be one of your beginner books that are good idea. We all recommend that straight away because this reserve has good vocabulary that will increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to put every word into satisfaction

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