

Laughter

- Strengthens your immune system
- Makes your cheeks sore
- Enhances your cardiovascular flexibility
- Helps you to think more clearly
- Increases your intellectual performance & information retention
- Replenishes your creative juices
- Destroys your conservative reputation
- Dampens your undergarment
- Releases and transforms your emotional pain
- Develops abdominal muscles of steel
- Creates perspective & reminds you of the bigger picture
- Helps you experience a deep connection with other people
- Draws you into experiencing the present
- Builds morale within the workplace
- Provides new perspectives to conflicts and problems
- Creates a more balanced life (all work and no play...is *boring!*)
- Improves customer service & productivity in the workplace
- Is a powerful tool for prevention
- Allows you to express anger in a socially acceptable manner
- Puts a devilish twinkle in your eye
- Pops you out of emotional ruts
- Makes you wonder why you wasted all those years being serious