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## The Effect Of Laughter On People's Lives

Laughter is typically a physical response in humans, it is a response to specific outside or inside incentives. After reading chapters one and two, it took me some time think about what makes me laugh. Honestly, laughing makes me the person I am today, I am a funny individual. When I was younger, I used to find a lot of things funny, which was bad because I found things funny at serious moments which was sometimes not a good thing. Most things that make me laugh are generally not ok such as someone falling, tripping, etc. if they do not hurt themselves because pain is not funny. Laughter is a positive feeling, that can be developed over time. Laughter is the key to happiness. I am usually happy for the most part but, when I am sad, I only need a joke to cheer me back up. A sense of humor is an important thing in a relationship. Creating humor with people can be joyful.

As I started to read "Laughter Therapy" the first chapter was very accurate because growing up in this culture kids were taught to face their problems and to be brave. With this kind of mentality this only forces a person to not have a sense of humor and to be serious all the time. Taking life serious and not having a sense of humor is not something one should do. Today there are a lot of individuals who are so serious. I can honestly say that I use to always be a serious individual. Everyone should always try to have a sense of humor. Tomorrow is never promised so people should live more and laugh a lot.

After, reading chapter one and two I realized how laughter can have an impact on people's lives. Seeing others laugh makes me happy. I enjoy seeing people joyful. Laughing protects the body from stress and illness. It also reduces hormones, and increases health enhancing hormones. Laughing boosts, the immune system and releases tension in the body leaving your muscles relaxed. It is not bad to laugh too much, laughing is good for the body.

In the beginning of chapter two, I laughed when the author talked about laughing in the beginning of every workshop or presentation he gives. What really made me laugh was when he stated that on some occasions, he laughs for two to three minutes. I found that funny because that is long period of time to laugh for. Most people laugh for a couple seconds and that is all. I have not experienced someone laughing for that long, so I found that a little funny.

Myth one is a myth that I do not agree with and I am sure others do not agree with it either. One does not need a reason to laugh, there are times where I just burst out laughing and cannot explain why I am laughing. Or I am not laughing at anything specific I am just laughing. I can honestly say this is something that prevents others from laughing because they believe this myth. Throughout life there may be times where you may find something funny whereas

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someone else does not find the same thing funny and it is ok. Everyone is entitled to their own opinion. There is no agreement on sense of humor, sense of humor is based on personal preference, age, culture, background, etc.

Without any laughing moments what would life be? It is always nice to laugh and joke around with friends and family, it makes me feel good inside. Sometimes I laugh so hard that I start to cry tears of joy. Laughter is the best medicine, it has powerful health benefits. I disagree with myth three because, I can honestly say that there are not many things that make me happy but, there are lots of things that make me laugh. Just because one is laughing does not mean that they are happy. Humor is a good way to relieve stress. I had to start smiling more and I had to stop living a serious life. When I started to live more and laugh a lot it made my life a whole lot better.

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