



Humor as Survival Training for a Stressed-Out World: The 7 Humor Habits Program (Paperback) - Common

By By (author) Paul McGhee

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The evidence is now in! Humor and laughter are good medicine. The companion to this book, *Humor: The Lighter Path to Resilience and Health* (2010, also published by AuthorHouse) discusses the exciting new research supporting the long-held claim that laughter is the best medicine. *Humor as Survival Training for a Stressed-Out World* shows how to get these benefits of humor into your own life. It cont...

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