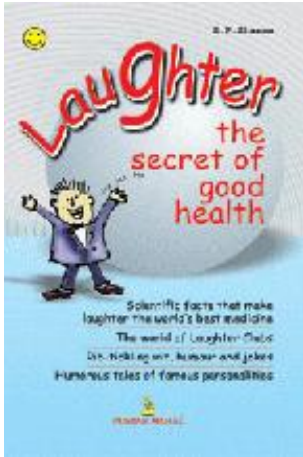




## Laughter - The Secret Of Good Health



**Author:** S. P. Sharma  
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Be the soul of the party. Find favour with your associates in business, or social circles!

Get going with Laughter-the Secret of Good Health!

In fact, the fastest way to break the ice in many a situation is to crack a joke. Which is why Danish pianist Victor Borge had quipped: Laughter is the shortest distance between two people.

This book is replete with humorous one-liners, quips, quotes and anecdotes that will have you rolling with laughter.

The book also dwells on famous humourists and other personalities with a sharp sense of humour, including Mark Twain, George Bernard Shaw, Oscar Wilde, Winston Churchill, Abraham Lincoln and Mahatma Gandhi, amongst others.

Jokes apart, laughter also has multiple therapeutic benefits, as attested by medical men--and elucidated by oft-repeated maxim, Laughter is the best medicine.

Indeed, in March 1995, the first Laughter Club was launched by a Mumbai-based doctor precisely for its therapeutic benefits.

This book also tells you all about the scientific benefits of laughter. So read, laugh and be merry! For therein lies the secret of good health and happiness.

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