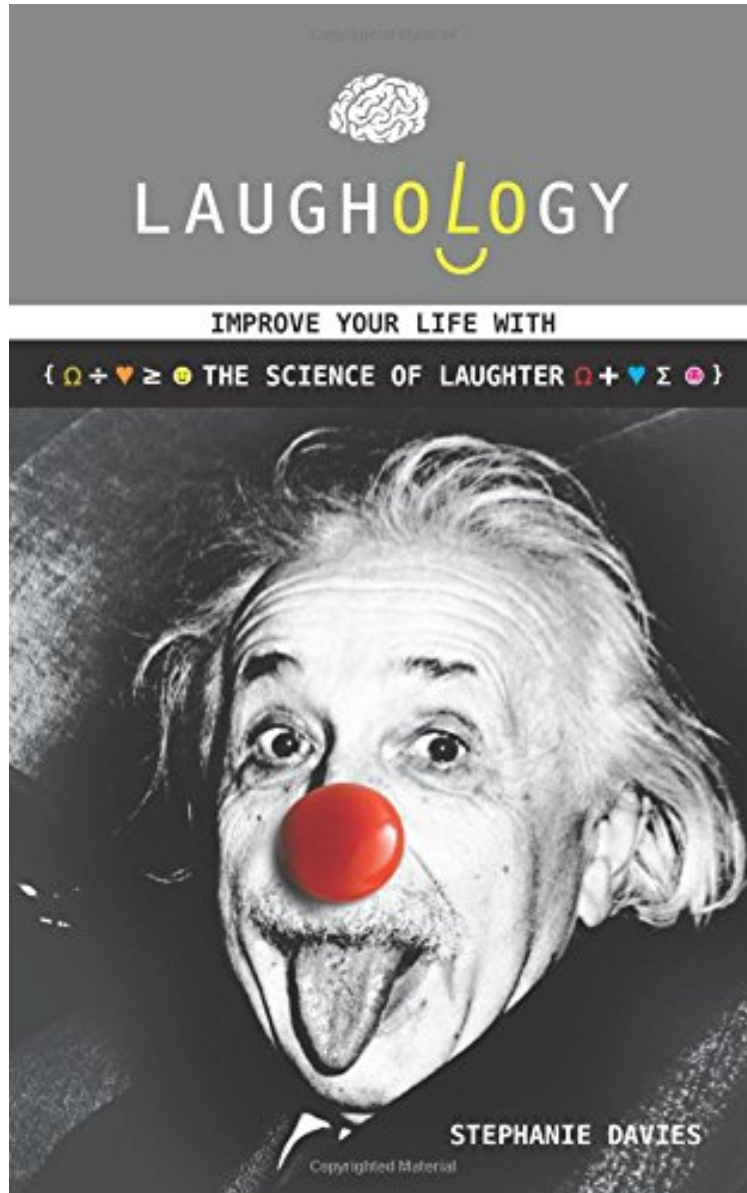


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# Laughology: Improve Your Life with the Science of Laughter

*Stephanie Davies*

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This is a practical guide to using laughter and humor as a thinking skill to enable you to communicate more effectively. This book explains simple techniques that will improve the reader's ability to gain a more positive perspective in difficult situations and increase his or her happiness through adopting the techniques from the Laughology model. Topics that are covered in the book include: What is laughter?; What is humor? The psychological connection; What makes us laugh and how to find your humor trigger; Your inner child the natural comedian; Appropriate humor and laughter; The SMILE strategy; and How to find and sustain your giggle.

About the Author Stephanie Davies is recognized as one of the UK's leading voices in the psychology of laughter and humor. She has over ten years' experience in developing interventions that have been applied in a wide variety of settings dealing with complex public and mental health issues and building teams in high profile organizations.