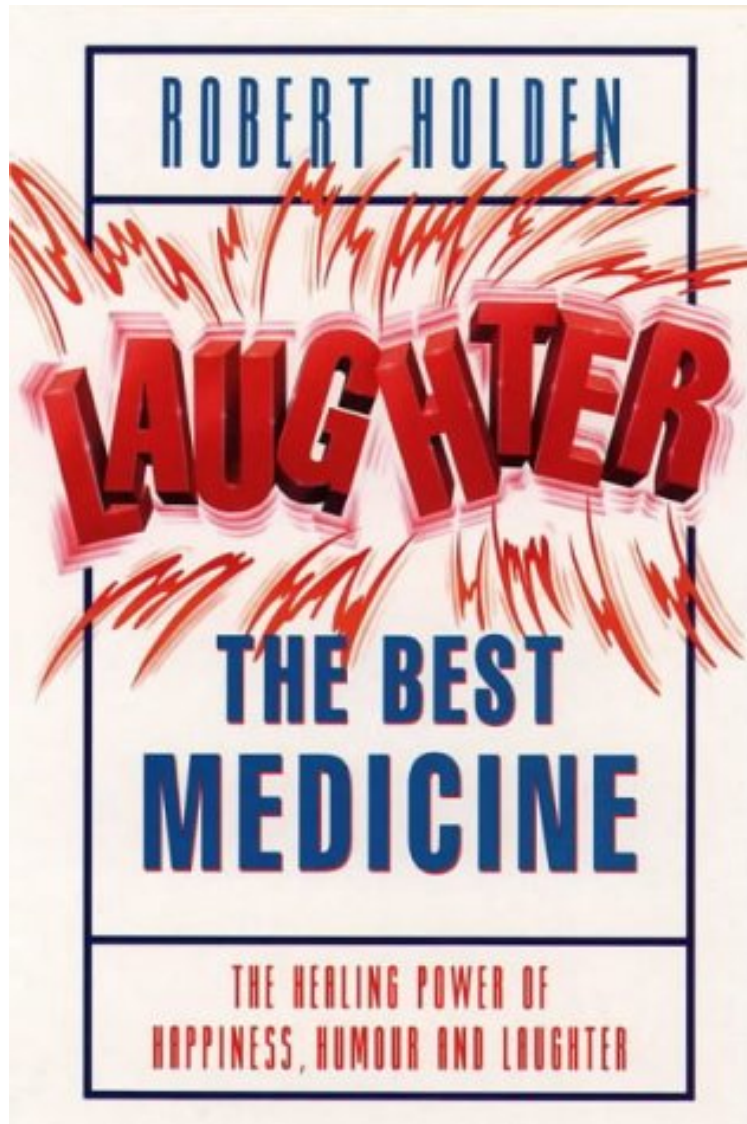


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Laughter The Best Medicine: The Healing Powers of Happiness, Humour and Joy

Robert Holden

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Robert Holden : Laughter The Best Medicine: The Healing Powers of Happiness, Humour and Joy before purchasing it in order to gage whether or not it would be worth my time, and all praised Laughter The Best Medicine: The Healing Powers of Happiness, Humour and Joy:

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through I like the measured doses that I then contemplate and weave into my existing knowledge base.

Laughter is one of our most valuable and basic human needs. This book presents over 50 simple techniques to help you build confidence, feel good about yourself and learn to have fun again.

About the Author Robert Holden, Ph.D., is the Director of Success Intelligence and The Happiness Project. His innovative work on success and happiness has been featured on Oprah and in two major BBC TV documentaries, *The Happiness Formula* and *How to Be Happy*, shown to more than 30 million television viewers worldwide. He is the author of ten best-selling books, including *Success Intelligence*, *Happiness NOW!* and *Shift Happens!* He lives with his wife and daughter in London.