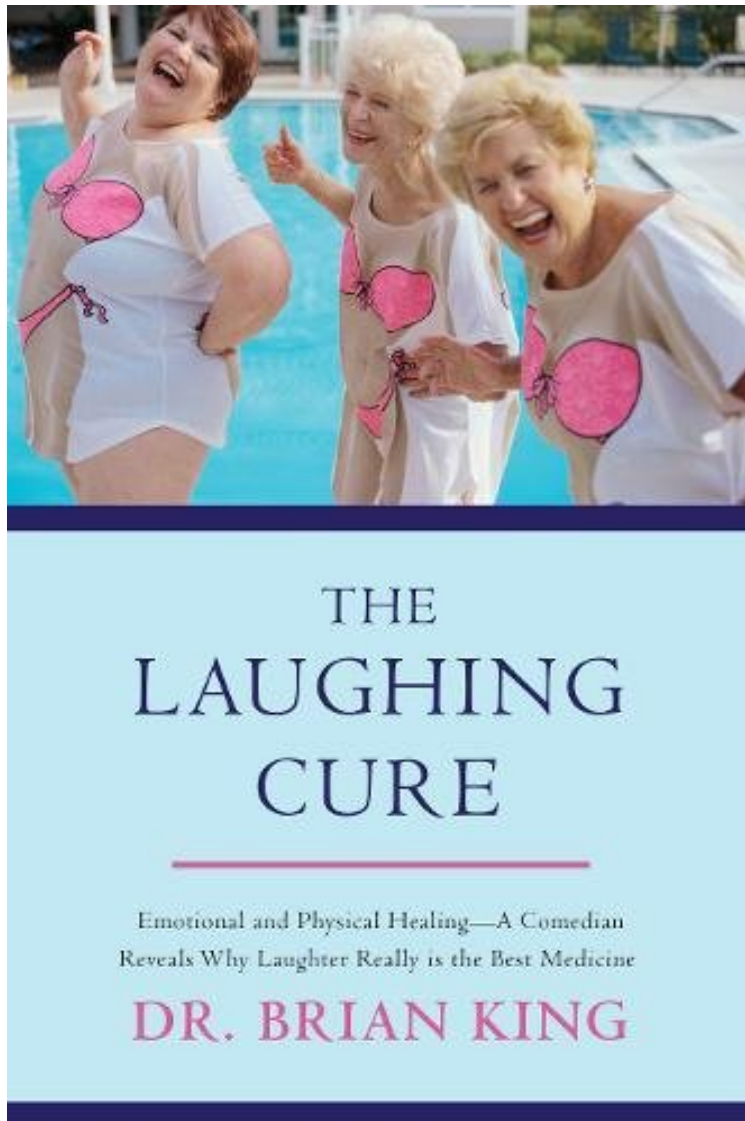


[Ebook pdf] The Laughing Cure: Emotional and Physical Healing—A Comedian Reveals Why Laughter Really Is the Best Medicine

The Laughing Cure: Emotional and Physical Healing—A Comedian Reveals Why Laughter Really Is the Best Medicine

Brian King

*DOC | *audiobook | ebooks | Download PDF | ePub*



[Download](#)

[Read Online](#)

#192933 in Books 2016-05-03Original language:EnglishPDF # 1 9.75 x 1.00 x 6.501, .0 #File Name: 1510702490268 pages | File size: 58.Mb

Brian King : The Laughing Cure: Emotional and Physical Healing—A Comedian Reveals Why Laughter Really Is the Best Medicine before purchasing it in order to gage whether or not it would be worth my time, and all praised The Laughing Cure: Emotional and Physical Healing—A Comedian Reveals Why Laughter Really Is the Best Medicine:

22 of 23 people found the following review helpful. Happy and healthyBy Denise MastenbrookI was first introduced to Dr. Brian King through his seminars. The first being about will power and habits, the biggest note I took during that first seminar was "This guy is funny. Recommend him." And I have. And I am again. Reading this book is much like sitting in on one of his seminars about happiness. The tone is conversational. He breaks down the brain science in to small bites that are not overwhelming to the average Joe or Jill. He also made me laugh out loud reading the book. Not the fake lol, but an actual the person sitting next to me in the coffee shop is staring laugh out loud. I believe being happy is a choice we get to make. I am glad to read a book that reinforces that choice and gives me a list of the benefits of making that choice. Good health and good laughs. What could be better?8 of 8 people found the following review helpful. Laughter/HumorBy Kathleen B. RAFFOULThis book by Dr. Brian King, PhD, noted speaker and stand up comedian, is interesting and well written. It would be valuable to anyone who works in the medical field, psychiatry, or as therapists; as well as to anyone who is suffering from a high level of stress. It is scholarly, but is easily understood by non-medical readers. He illuminates the role of laughter/humor in stress reduction, health, and wellness. Funny and informative, I highly recommend this book to everyone who works in the medical field, and for anyone who needs to improve the quality of their lives.3 of 3 people found the following review helpful. A really funny science book!By CustomerI met Dr. Brian King when he was performing stand up in Hollywood. He was hilarious and I started following him on social media. When his book came out, I picked up a copy right away. It's every bit as funny as he is in person and on stage. The tone of the book is very conversational and witty. You get an inside look at what makes jokes funny to people. He explains how the brain processes a joke and why we laugh when something is funny. Then he makes the case for the mental health benefits of humor. It's a really great read and a good gift for anyone interested in the mechanics of comedy or the workings of the human brain.

Dr. Brian King is a psychologist and stand-up comedian whose humor therapy seminars are attended by more than ten thousand people each year. In *The Laughing Cure*, King combines wit with medical research to reveal the benefits of laughter and humor on physical and emotional health. King's language is humorous and uplifting, and his advice is backed by science. Studies featured in *The Laughing Cure* show how laughter lowers blood pressure, reduces stress hormones, increases muscle flexion, boosts immune systems, and triggers endorphins. They show how laughter relieves depression, and even makes us more productive, loving, and kind. The tips and techniques featured inside can be used for current conditions and as preventative medicine. Through humor and science King explains why much-talked-about but little-understood methods of therapy such as laughter yoga actually work and how we can better incorporate humor into our lives. Very few doctors have the ability to heal the way that King does; his method is cheap, easy, and chemical-free. Even fun! This wonderful, transformative, and provocative read shows how—and why—laughter saves lives.

"Brian has been unaffected by stress since I met him when he was five. I think he tapped into how to manage stress and live on his own terms at an early age. Forty years later, the only difference is that he has a driver's license and scruff. He's one of the happiest people I know, and he's pretty good at explaining how easy it is to be happy as well. Life is beautiful and funny; embrace it." —Jon King, author's brother "Dr. Brian knows what makes people laugh and knows exactly why it's good for them. He doesn't use any of that on stage, but he knows a lot of stuff." —Phil Johnson, comedian "Funny. Smart. And extremely good looking. Well, no. But two out of three ain't bad." —Will Durst, comedian "Finally! A professional who conveys practical truth with clarity and engaging humor. Do you want to be happy regardless of your circumstances? Get this book!" —Jane Norberg, registered nurse "Dr. Brian King is the kind of friend whose presence and jubilant outlook can bring a smile, laugh, and lasting memories to anyone. What's his secret? I'm going with his hat." —Erik Escobar, comedian "Whether performing stand-up or contributing to the planet's knowledge of Bloody Marys, King is dedicated to making people laugh from coast to coast. Life got you down? Spend an hour with Brian King." —Scotch Wichmann, author of *Two Performance Artists Kidnap Their Boss And Do Things With Him*