



# Laughology: Improve Your Life with the Science of Laughter

*Stephanie Davies*

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## **Laughology: Improve Your Life with the Science of Laughter** Stephanie Davies

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.

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