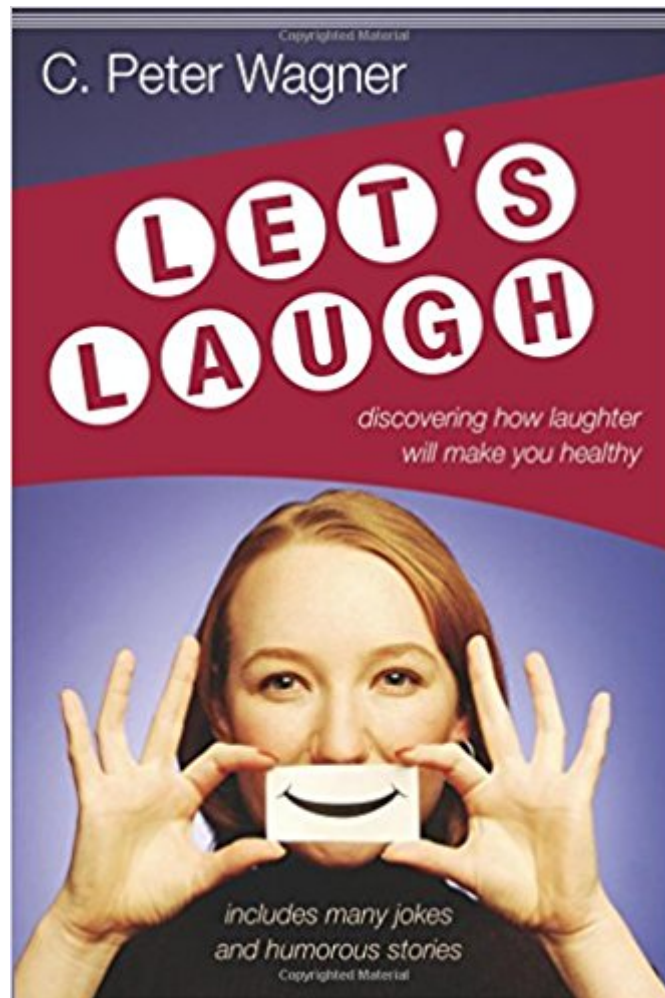




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Let's Laugh: Discovering How Laughter Will Make You Healthy



Synopsis

There are some fine lines here. If you are unmistakably a member of the group being made fun of, you are less at risk of being perceived as using a put down because you are poking fun at yourself. Making fun of yourself is generally acceptable. For example, at the time of this writing I am 75 years old and no one could doubt that I qualify as a senior citizen. Later on I have a whole section on senior citizen jokes. Even though so-called ageism is frowned upon by our society these days, I can get away with telling jokes on us senior citizens. In fact, some of my best jokes are senior citizen jokes.

Book Information

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Customer Reviews

"Let's Laugh" is a compilation of stories designed to make you laugh. The book is formatted in two sections. Part one is written to help the reader build confidence in the ability to make people laugh. Wagner demonstrates examples of various kinds of humor. He maintains that a healthy sense of humor can provide release in stressful situations, and improves our health. Part two is made up of what Peter considers to be "The Best Jokes" and helps the reader understand why they are, and how when and how to use them. He enjoys laughing and being around people who laugh. He shows that laughter is contagious and how to take advantage of this. I found my self laughing out loud, chuckling in a delayed response, and smiling in anticipation of the next punch line. Teachers, speakers, and pulpit ministers will find this a valuable tool and guidebook for making their lessons, sermons, and communication more effective. "Let's Laugh" is entertaining and instructional, it is a great read.

This book is about laughter and shows you how to build confidence in your ability to make people laugh. The book is filled with lots of good jokes. People who laugh are healthier than people who do not. Laughter establishes a strong bonding between you and the listener. A healthy dose of laughter can lift your spirit. Laughter is especially effective as a stress reliever. Laughter energizes and exercises the body. Laughter is fun. Remember a Merry heart doeth good like a medicine.

This book gives good points in how to make people laugh in an audience type of atmosphere. It shows you how to select your material for the audience you will be speaking to. It somewhat describes in how to be funny.

I like this book. It is a good read for a quick laugh. Clean and to the point. I saw it at my mechanic's waiting room. Bought one to give as a Christmas present and one for my self. The short stories are healthy and humorous for any age group and not offensive to anyone. Men, women and young adults can appreciate the humor. I highly recommend it!!!

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