

# Laughter Therapy

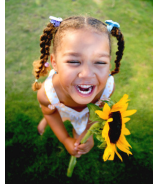
Learning to laugh through life's greatest trials

By Keith Lowry

Keith Lowry Seminars, Inc.

[www.keithlowry.com](http://www.keithlowry.com)

William Fry, M.D., professor of psychiatry at Stanford University Medical School and expert on health and laughter, reports the average kindergarten student laughs 300 times a day. Yet, adults average just 17 laughs a day. Why the difference? Are we too uptight, too tense? Do we take life too seriously? Isn't it time we learned how to relax? We don't stop laughing because we grow old; we grow old because we stop laughing. So, if we want to fly like the angels and share in their happiness, we'll have to follow their example and take ourselves lightly. Our five senses are not enough for ideal living. We need to use our *sixth sense*: our *sense of humor*. Humor isn't about merely telling jokes; it's the *way we view the world*.



During this one hour session, we'll look at the following:

1. Discover the key differences between humor and comedy, and discuss the benefits and dangers inherent in each.
2. How to discover the humor within – find the humor in the everyday fabric of our lives and learn how to use it as a *tremendously* effective *medicine for healing*.
3. The laugh-factor. How it can help us:
  - a. The psychological benefits
  - b. The physical benefits
  - c. The interpersonal benefits
4. Creating natural opportunities for helping laughter heal.
  - a. How to find it
  - b. How to share it
  - c. How to avoid hurtful humor
  - d. How to be sure everyone benefits



This fun, helpful, *much needed course* will help you re-discover a naturally occurring medicine that was built into our bodies and our souls to help us heal from the bumps and bruises of living. Somehow our society has successfully *trained this medicine out of us!* We're going to begin the process of *training it back in!* *Come prepared to laugh!!* Come prepared to heal.

Keith Lowry

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**“Who Knew Learning Could Be This Much Fun?”**