



# Laughology: The science of laughter

*Stephanie Davies*

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## **Laughology: The science of laughter** Stephanie Davies

A practical guide to using laughter and humour as a thinking skill to feel better and communicate more effectively. This book will explain simple techniques that will improve the reader's ability to gain a more positive perspective in difficult situations and increase their happiness through adopting the techniques from the Laughology model. The key subjects covered are What is laughter; What is humour; The psychological connection;

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