









# SIR MAX BEERBOHM (1872- 1956)

- ONLY THE EMOTION OF LOVE TAKES A HIGHER
- RANK THAN THAT OF LAUGHTER.

# DREW HAYDEN TAYLOR

- ▣ HUMOR IS
- ▣ THE 10-W-40
- ▣ OF HEALING.

# DEFINITION OF HUMOUR

HUMOUR IS PERSPECTIVE-

IT GIVES YOU THE ABILITY TO SEPARATE THE  
SITUATION FROM THE SELF – THE SITUATION  
SHOULD BE TAKEN SERIOUSLY.

THE SELF IS SEPARATE AND SHOULD BE TAKEN  
LIGHTLY.

NANCY SULLIVAN.



# STAGES OF LAUGHTER

- 1- SMIRK
- 2- SMILE
- 3- GRIN
- 4- SNICKER
- 5- TITTER
- 6- GIGGLE
- 7- CHUCKLE
- 8- CHORTLE

# STAGES OF LAUGHTER

- 9- LAUGH
- 10- CACKLE
- 11- GAFFAW
- 12- HOWL
- 13- SHRIEK
- 14- ROAR
- 15- CONVULSE
- 16- “DIE”

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# ANATOMY OF HUMOUR

## Dopamine Pathways

## Serotonin Pathways

Frontal cortex

Striatum

Substantia nigra

Nucleus accumbens

VTA

Hippocampus

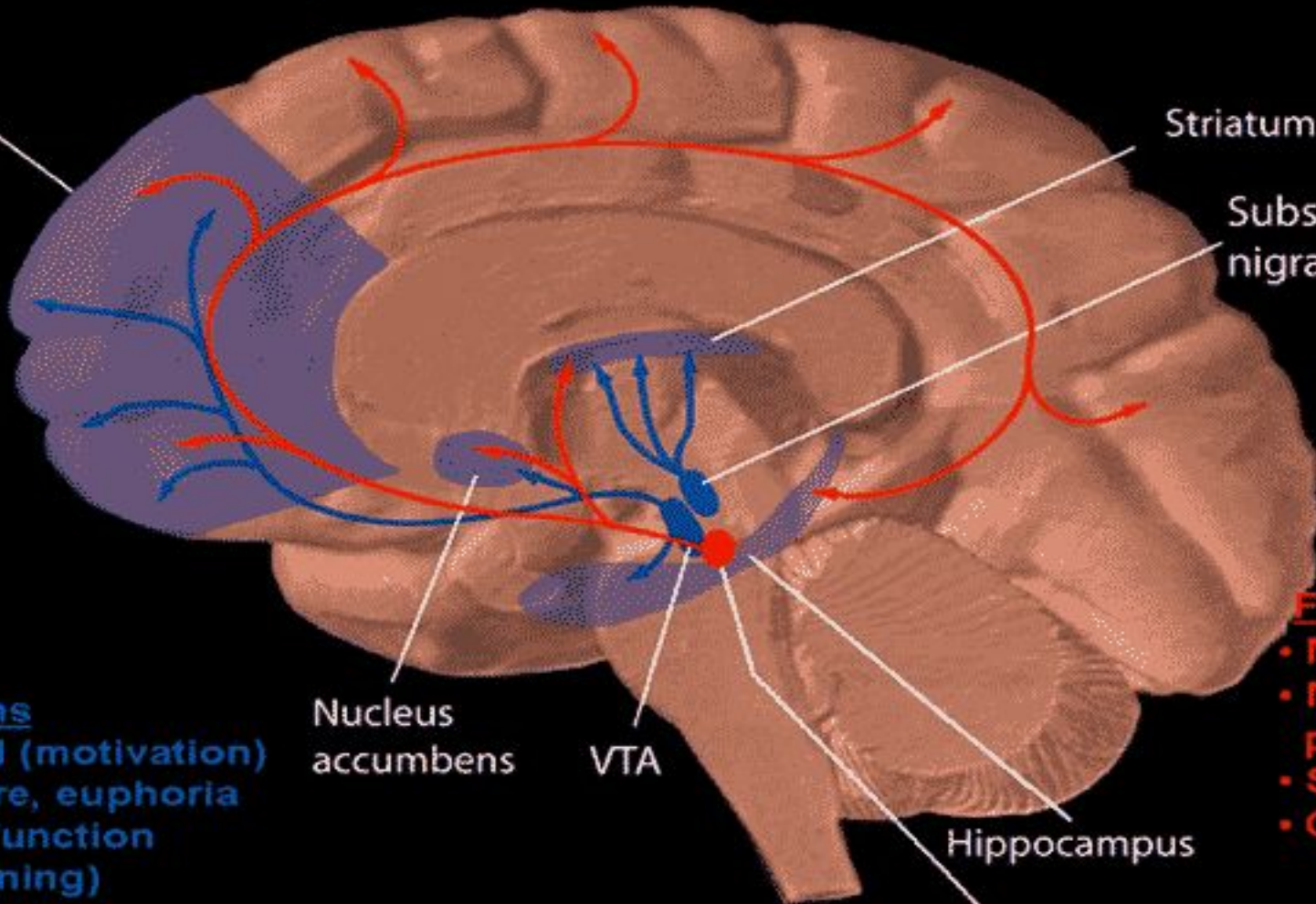
Raphe nucleus

### Functions

- Mood
- Memory processing
- Sleep
- Cognition

### Functions

- Reward (motivation)
- Pleasure, euphoria
- Motor function (fine tuning)
- Compulsion
- Perseveration



# ANATOMY OF HUMOR

- 1- THE AREA OF THE BRAIN THAT “GOT” THE HUMOR AND THE AREA THAT DETERMINED WHETHER IT WAS FUNNY OR NOT ARE SEPARATE.
- 2- NUCLEUS ACCUMENS LIGHTS UP WHEN YOU LAUGH AND THIS IS THE SAME AREA THAT ACTIVATES WHEN DRUG ADDICTS ARE HIGH.
- 3- WOMEN MORE OFTEN ACTIVATED THEIR LANGUAGE AND MEMORY AREAS BEFORE DECIDING TO LAUGH. (AVERSION TO SLAPSTICK HUMOR?)

sensory recognition of the stressful stimuli

— Stress

Hypothalamic  
Pituitary  
Adrenal  
Axis

Central Nervous System

HPAA

multiple pathways from the cortex and limbic system

Hypothalamus

Cortisol

Corticotropin Releasing Hormone (CRH)

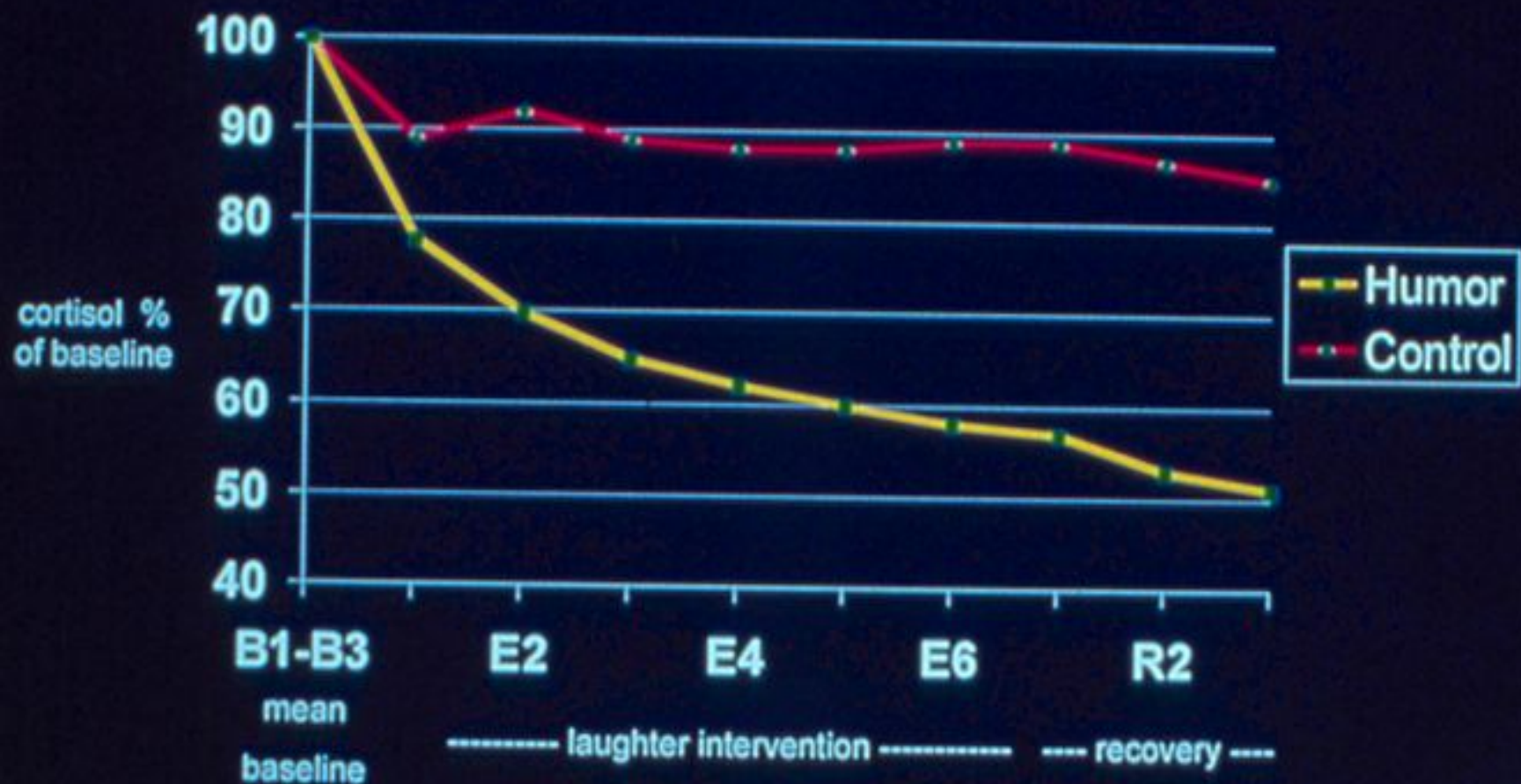
Pituitary

Adrenocorticotropic Hormone (ACTH)

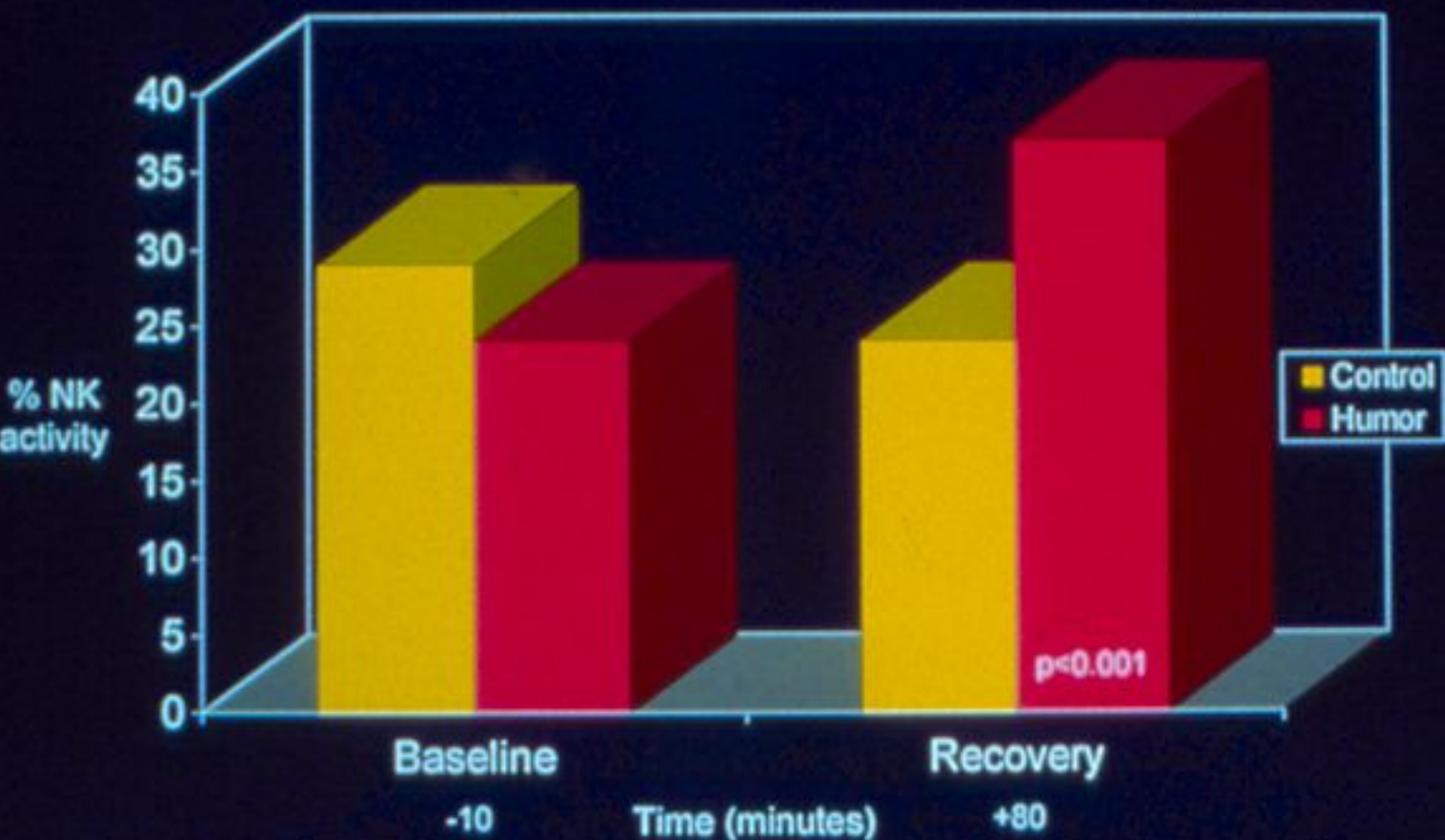
Adrenals

Laughter and the Immune System: a serious approach

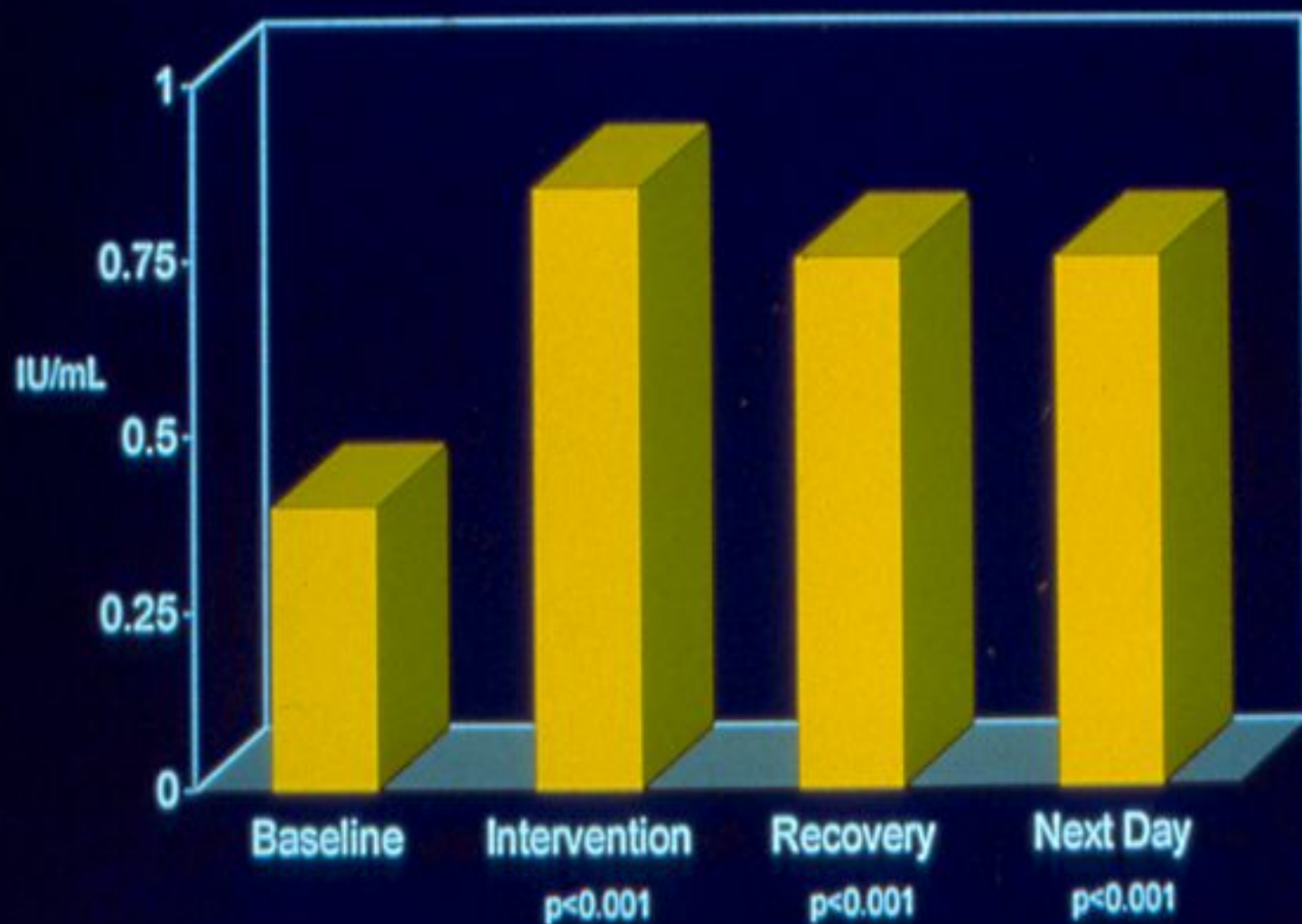
# Serum Cortisol Response to Mirthful Laughter



# Natural Killer Cell Activity (NK) Response to Mirthful Laughter

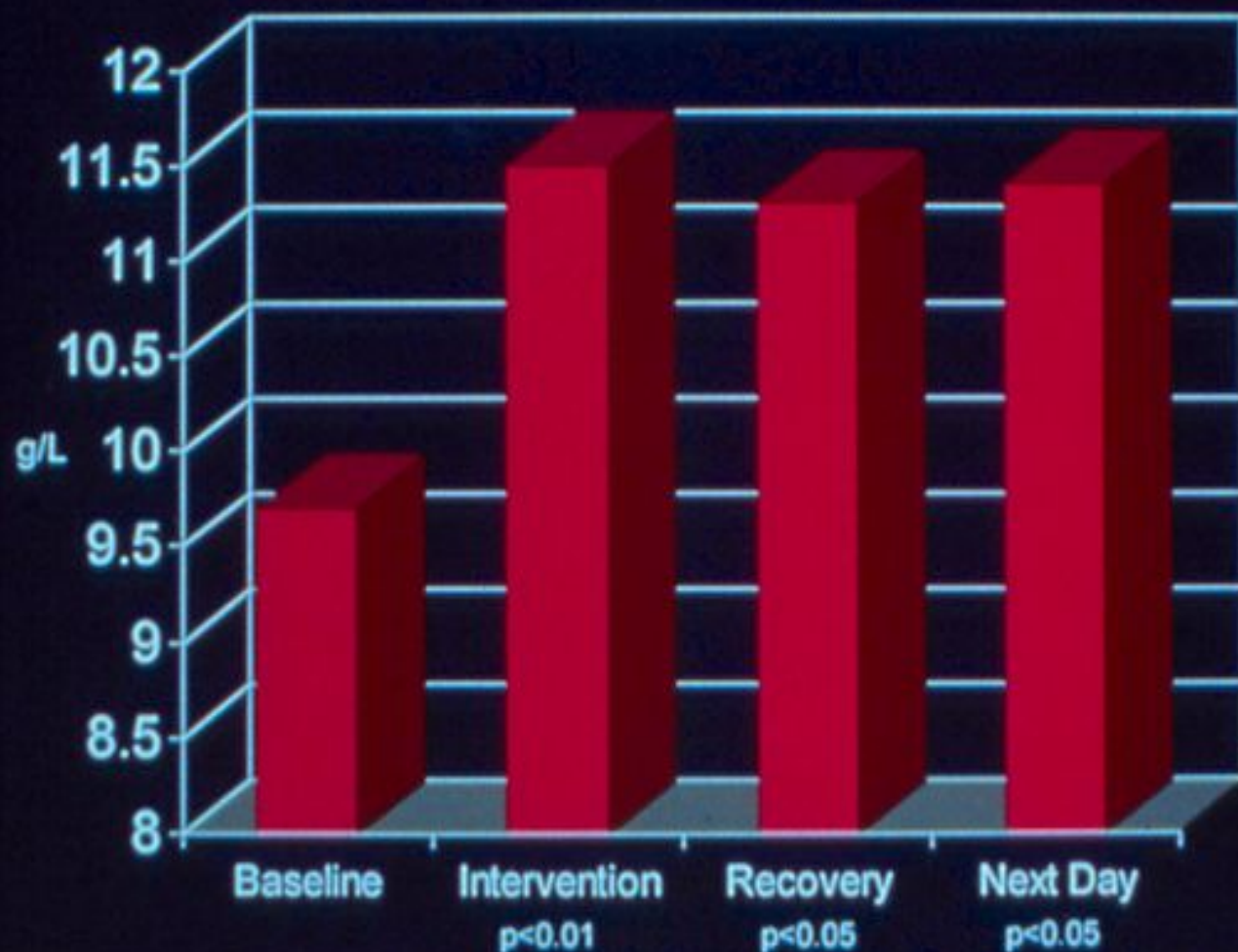


# Plasma Cytokine Gamma Interferon Response to Mirthful Laughter



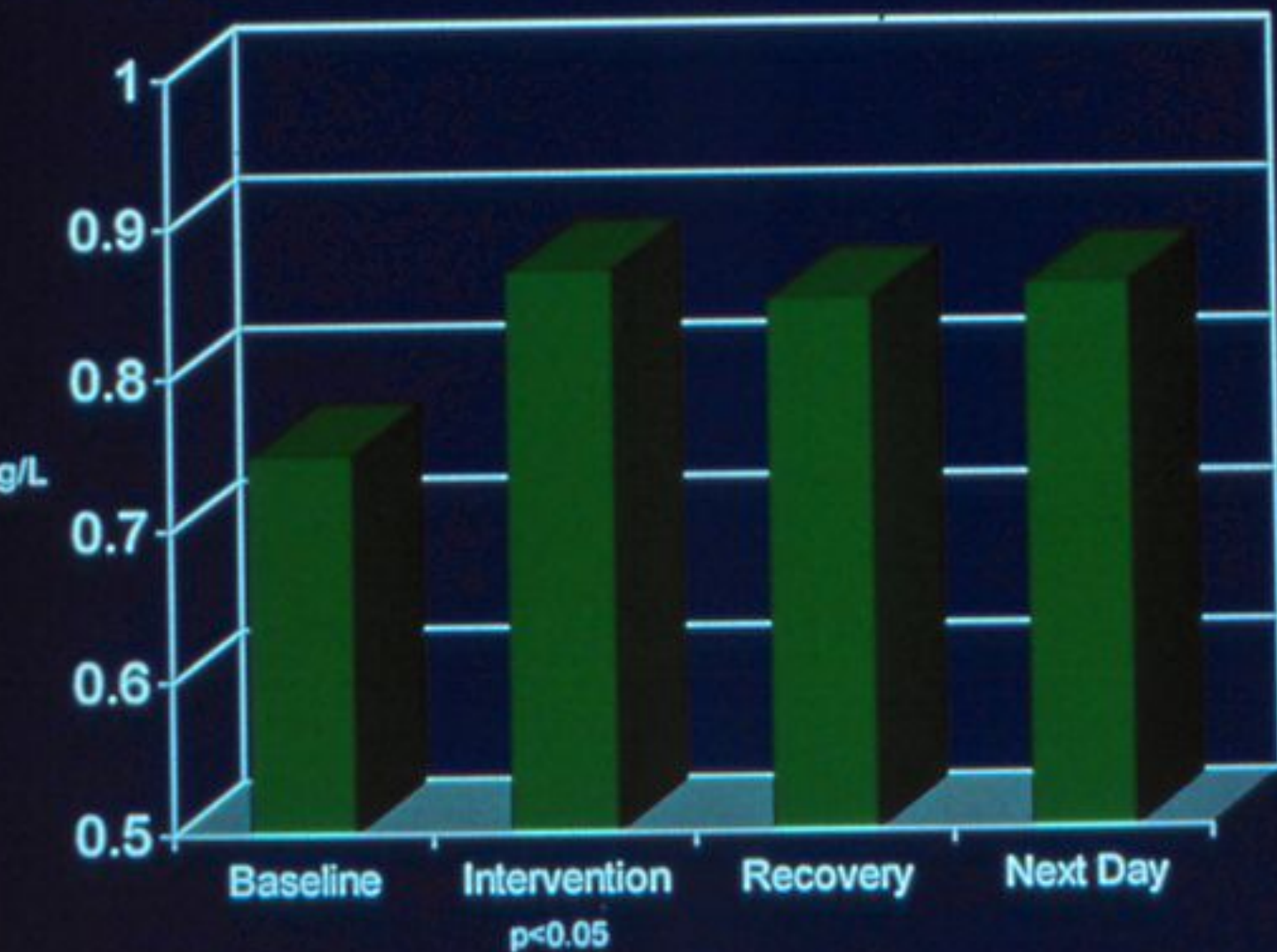
Berk/Tan

# Plasma Immunoglobulin IgG Response to Mirthful Laughter

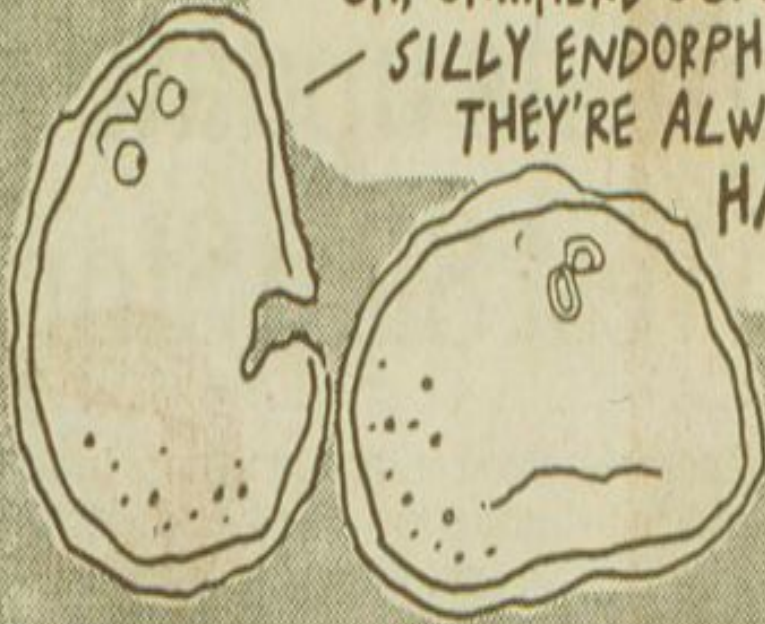


Berk/Tan

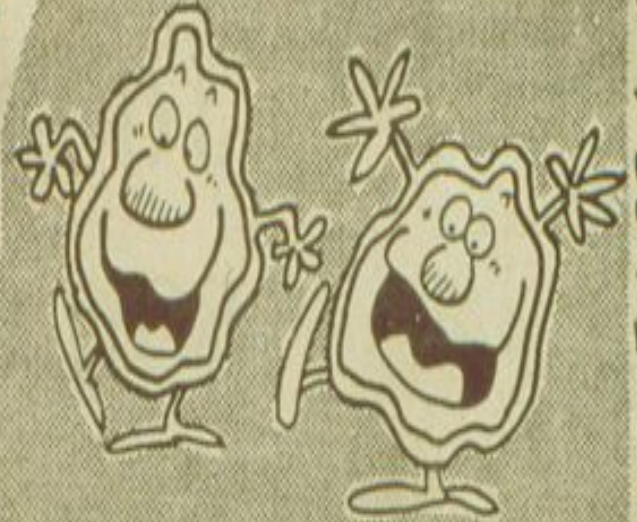
# Plasma Immunoglobulin IgM Response to Mirthful Laughter



Berk/Tan




OH, OH...HERE COME THOSE  
— SILLY ENDORPHINS --  
THEY'RE ALWAYS SO  
HAPPY!



E-mail: FandEBobT@AOL.COM

# CLASSIFICATION OF HUMOUR

- 1 – SPONTANEOUS WIT – THE QUICK COMEBACK
  - 2 – HUMOUR AIKIDO – THE SUBTLE DISARMING COMEBACK
  - 3 – EMBARRASSMENT – GET SMILEAGE OUT OF YOUR MOST EMBARRASSING MOMENTS
  - 4 – RIDICULE – TOXIC OR HURTFUL HUMOUR
  - 5 – PARODY – HUMOUR THAT INSTRUCTS
- 

# SOCRATES

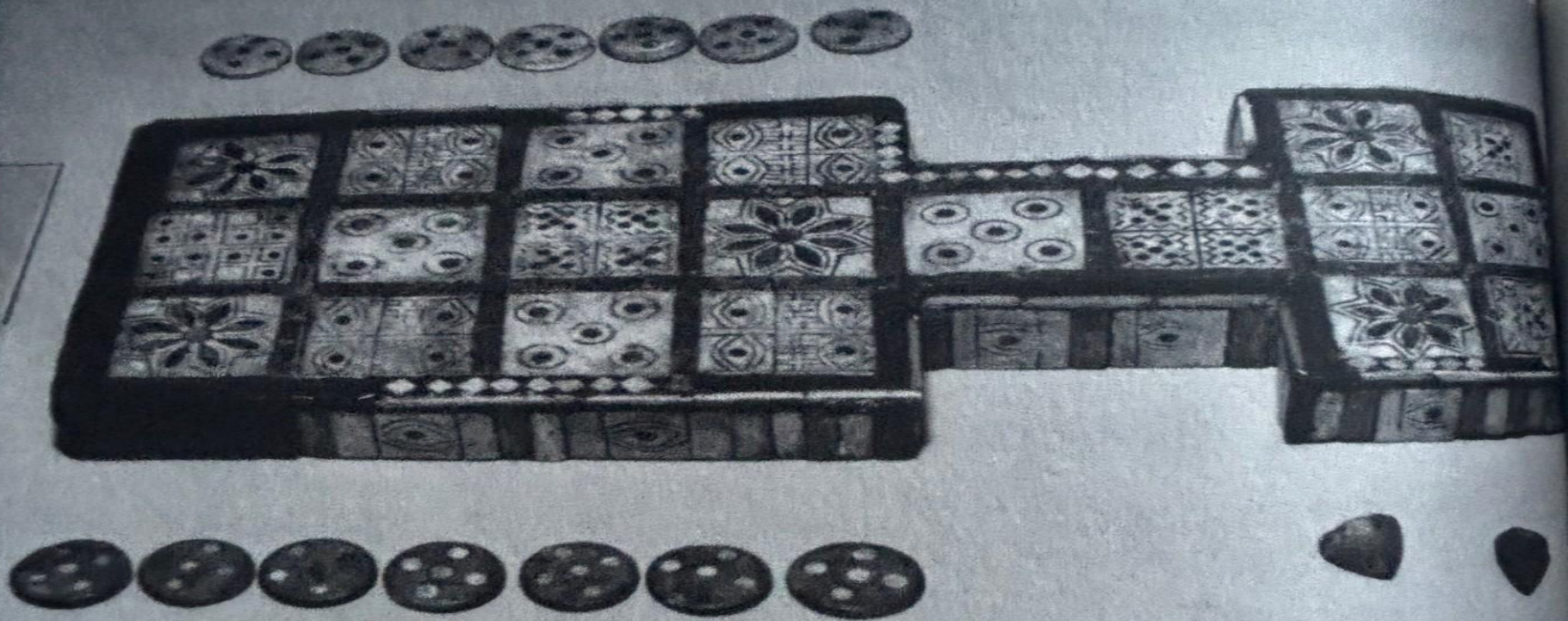
□ LIVE LIFE AS PLAY



# MARK TWAIN

- WORK CONSISTS OF WHATEVER A
  - BODY IS OBLIGATED TO DO.
- PLAY CONSISTS OF WHATEVER A
  - BODY IS NOT OBLIGATED TO DO.

STEVEN JOHNSON



An early version of backgammon discovered in the Royal Tomb of Ur in Southern Iraq, dating back to 2600 BCE

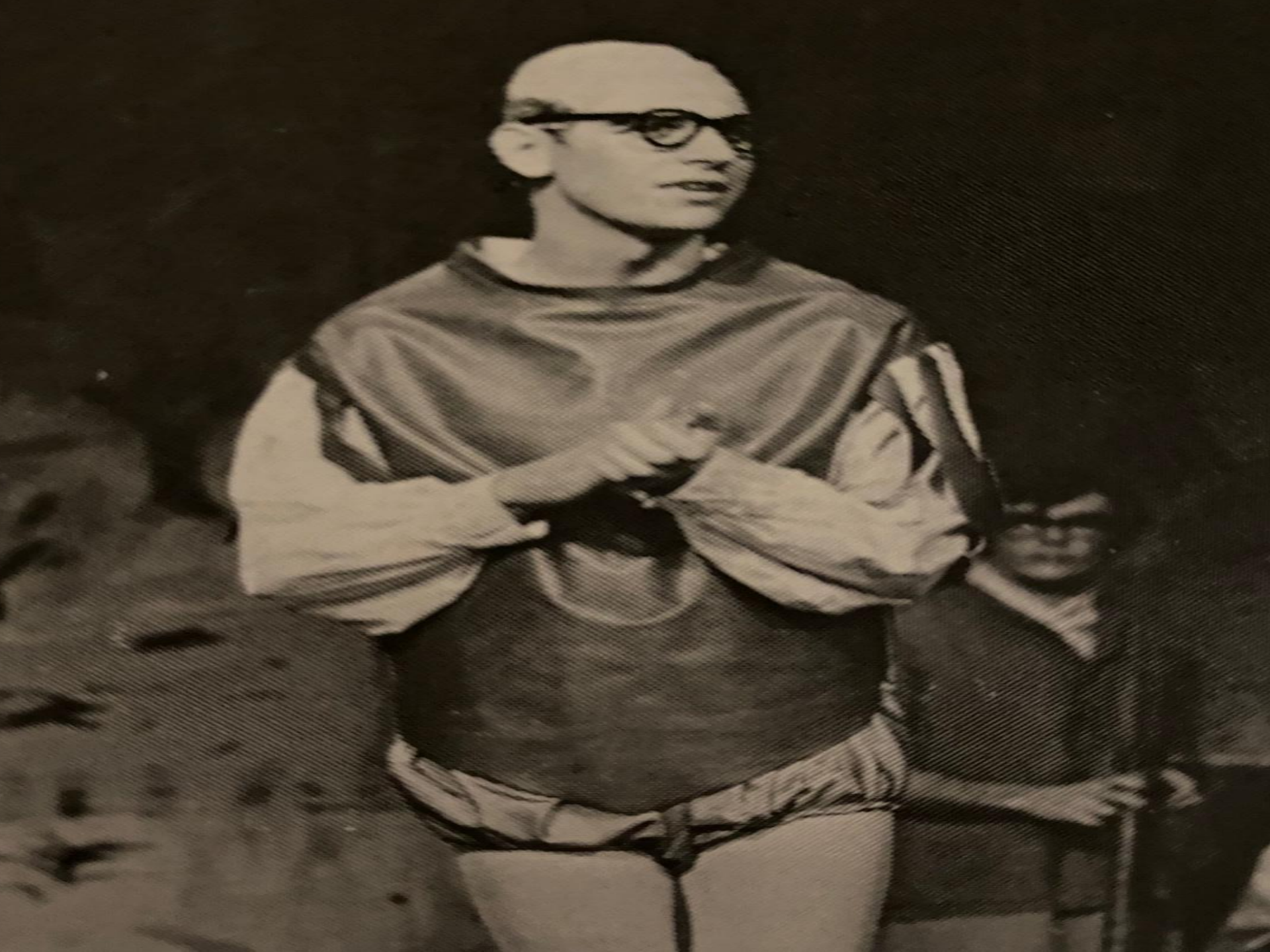


# SPLASH MOUNTAIN

2011







**LAUGHTER IS THE PRIMARY  
OUTER MANIFESTATION OF  
JOY.**



# WHAT IS JOY?

- ACCORDING TO BARBARA FREDRICKSON A LEADING EXPERT ON “JOY” THE TEN MOST COMMON POSITIVE EMOTIONS ARE:
- “JOY, GRATITUDE, SERENITY, INTEREST,
- HOPE, PRIDE, AMUSEMENT, INSPIRATION,
- AWE AND LOVE.”



# "RED NOSED" REUNION







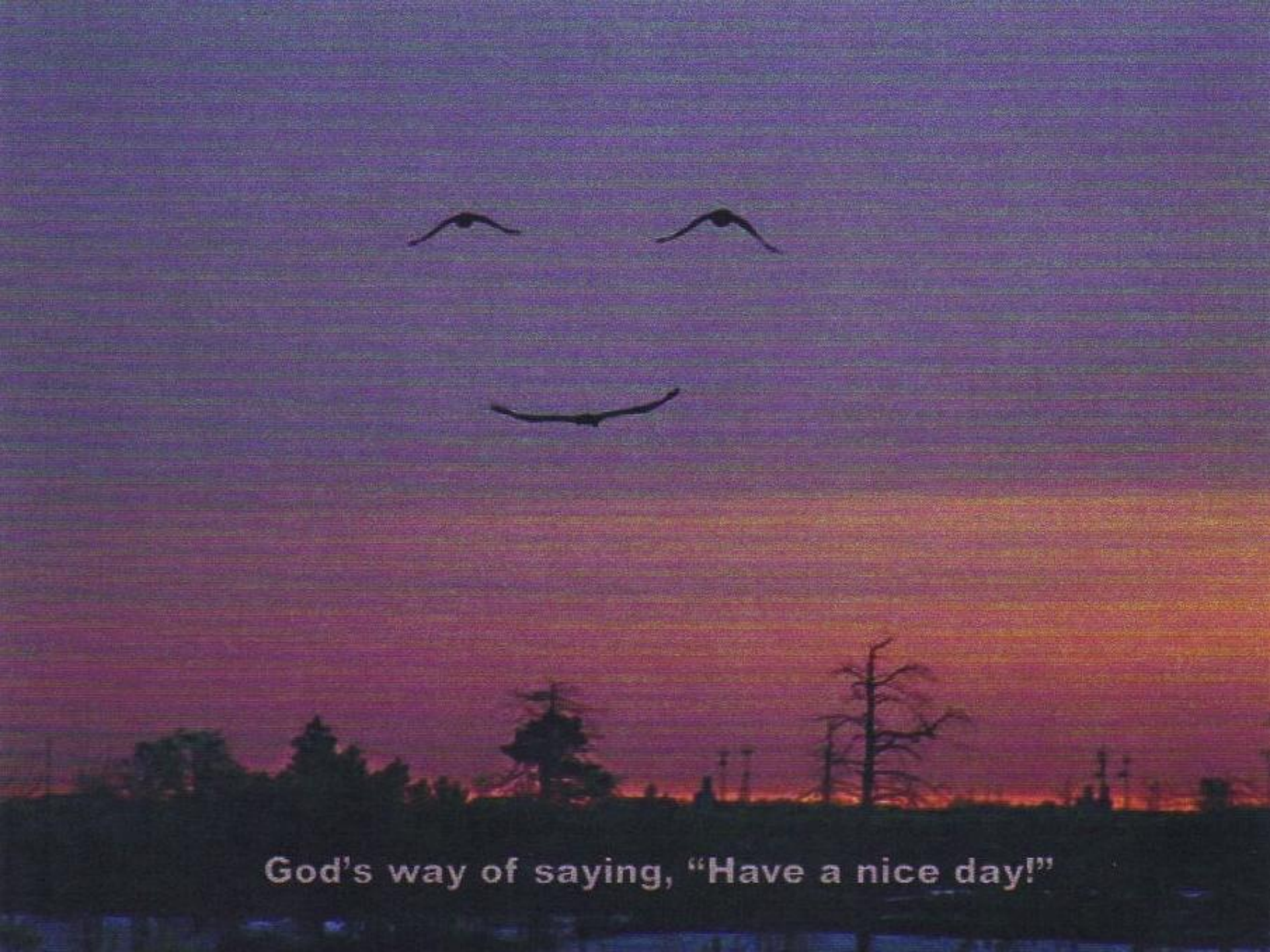




# YUKON





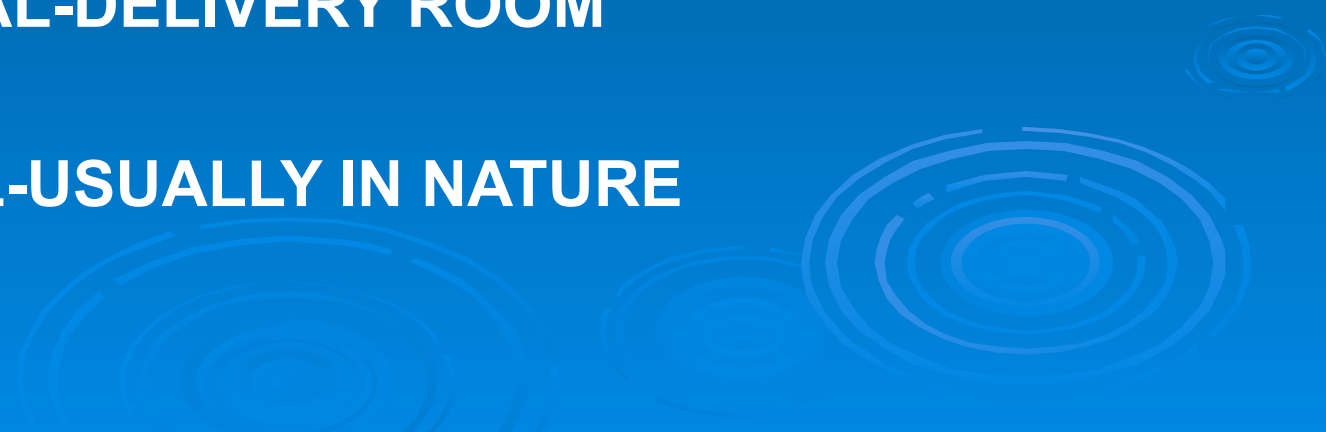


God's way of saying, "Have a nice day!"

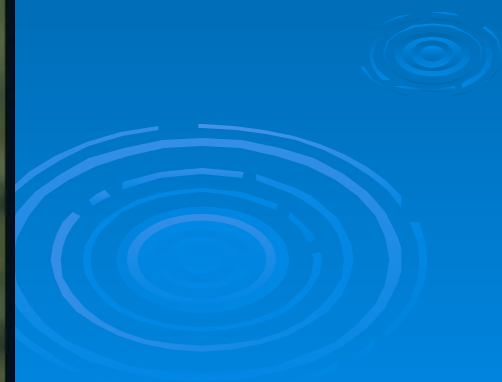




FROM “THE SECOND MOUNTAIN”  
BY DAVID BROOKS

- HE DESCRIBES FOUR LAYERS OF JOY:
  - 1-PHYSICAL-MARCHING IN A PARADE
  - 2-COLLECTIVE EFFERVESCENCE-DANCING AT WEDDING
  - 3-EMOTIONAL-DELIVERY ROOM
  - 4-SPIRITUAL-USUALLY IN NATURE
- 



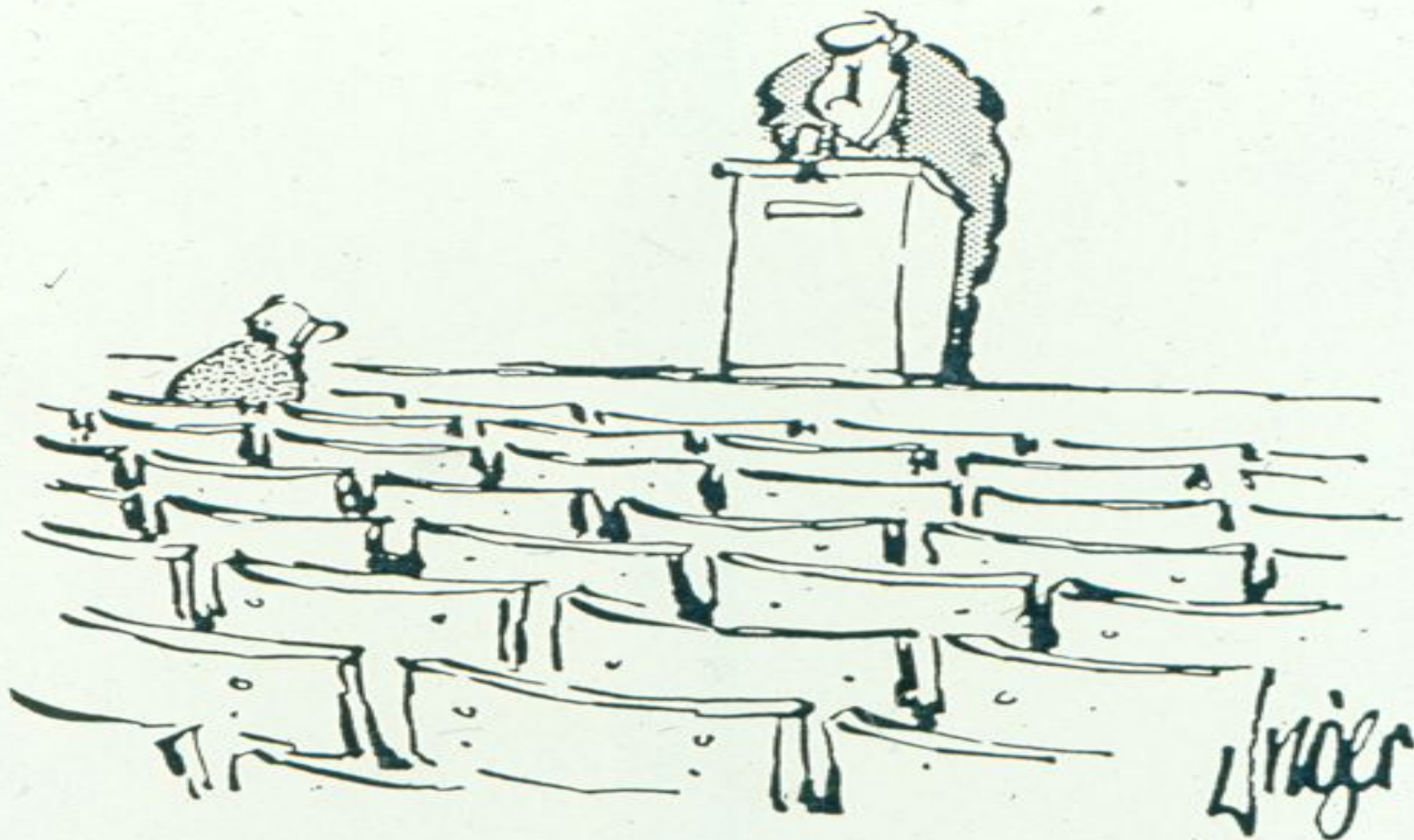






**That's the way I look when I want to show off my new hairdo.**





“Today’s topic is ‘public awareness.’”

# WORLD LAUGHTER MASTER

- BELACHEW GIRMA-
- HAS THE UNOFFICIAL WORLD RECORD FOR LAUGHING CONTINUOUSLY FOR 3 HOURS AND 6 MINUTES.
- HE HAS SET UP THE FIRST LAUGHTER ACADEMY IN AFRICA.

□ AN OPTIMIST LAUGHS TO FORGET-  
□ WHILE A PESSIMIST FORGETS TO LAUGH.

□ TOM MANSBURY

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are scattered across the lower half of the slide, with some overlapping.

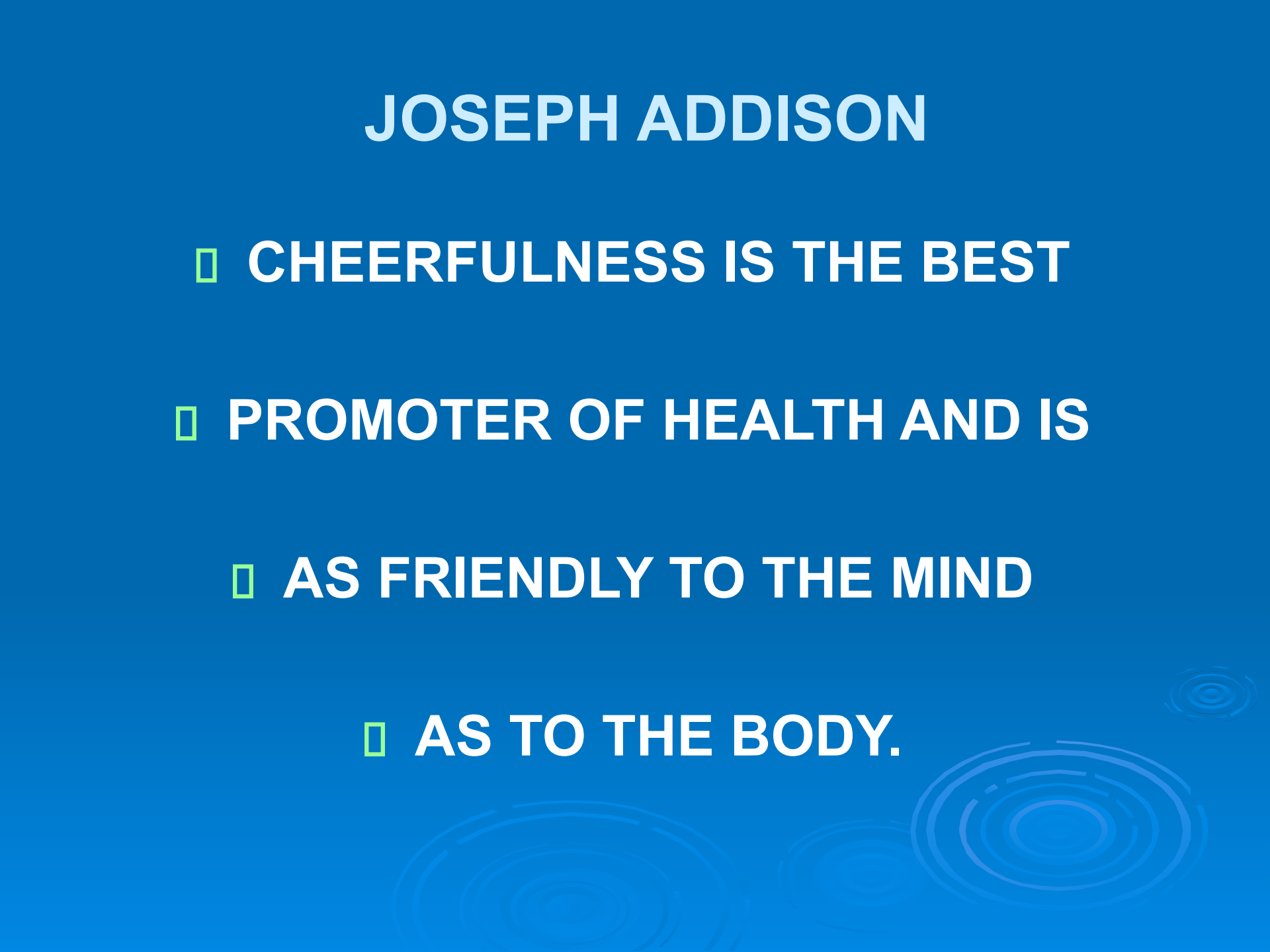
LAUGHTER  
IS  
GOING TO  
PIECES  
WITHOUT  
FALLING  
APART



# LEARNING OBJECTIVES

- AS A RESULT OF THIS PROGRAM PARTICIPANTS WILL BE ABLE TO:
- 1- DISCUSS THE HISTORY, PHYSIOLOGY, BIOCHEMISTRY, ANATOMY AND CLASSIFICATION OF HUMOUR.
- 2- UNDERSTAND THE SCIENCE OF PSYCHONEUROIMMUNOLOGY-THE MIND BODY CONNECTION
- 3- DISCUSS THE EVOLUTION, CONCEPTS AND STAGES OF HUMOUR.
- 4- KNOW HOW TO HANDLE TOXIC HUMOUR.
- 5- KNOW HOW TO CONDUCT THEIR OWN HUMOUR PROFILE AND UNDERSTAND HOW TO BRING MORE VITAMIN “H” INTO THEIR LIVES AND THOSE THEY SERVE.

# JOSEPH ADDISON

- ☐ **CHEERFULNESS IS THE BEST**
  - ☐ **PROMOTER OF HEALTH AND IS**
  - ☐ **AS FRIENDLY TO THE MIND**
  - ☐ **AS TO THE BODY.**
- 

+

□ WHEN IT COMES TO CHOCOLATE-

□ RESISTANCE IS FUTILE.



# HIGHLY RECOMMEND

## □ MISSION: JOY

□ FINDING HAPPINESS IN TROUBLED TIMES

□ A PLAYFUL INTERACTION BETWEEN

□ DESMOND TUTU & THE DALAI LAMA

□ FULL OF LAUGHTER, GIGGLES & WISDOM

□ PRESENTLY ON NETFLIX

PEOPLE'S BEHAVIOUR

OFTEN MIRRORS

HOW THEY FEEL

ABOUT THEMSELVES.

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are positioned in the lower right and bottom center of the slide, adding a dynamic visual element to the text.

# MIRROR NEURONS

- THESE ARE NEWLY DISCOVERED SPECIALIZED BRAIN CELLS FOUND USING fMRI STUDIES THAT CAN SENSE AND MIMIC FEELINGS AND ACTIONS.
- THESE JUST HAPPEN TO BE RIGHT NEXT TO THE FACIAL MOTOR NEURONS THAT CONTROL YOUR ABILITY TO SMILE AND LAUGH.
- THIS MEANS THAT “COPIED FEELINGS LEAD TO COPIED ACTIONS”.
- OFTEN REFERRED TO AS “AUTOMATIC MIMICRY”.

**Dear Lord,  
Please don't let Brussel Sprouts  
be a part of the cure of Covid-19 Virus.**



# HUMOUR AND STRESS

□ HUMOUR IS ABOUT LIGHTENING UP


□ STRESS IS ABOUT TIGHTENING UP.



**LAUGHTER .....** The shortest distance  
between two people

Victor Borge

# RALPH WALDO EMERSON

- HAPPINESS IS A PERFUME
  - YOU CANNOT POUR ON OTHERS
  - WITHOUT SPILLING A FEW DROPS
  - ON YOURSELF.
- 

# MARK T. SULLIVAN

- LAUGHTER WAS LIKE A
- HOT SHOWER FOR THE
- SOUL AFTER A LONG,
- COLD DAY.
- FROM “THE LAST GREEN
- VALLEY”.

- HAPPINESS IS AN ATTITUDE.
- WE EITHER MAKE OURSELVES
  - MISERABLE OR HAPPY.
  - THE AMOUNT OF WORK
    - IS THE SAME.
- **CARLOS CASTANEDA**

**JUST BECAUSE ILLNESS  
ENTERS OUR LIVES, DOES  
NOT MEAN JOY HAS TO  
EXIT.**

**EDWARD LEIGH.**

- PAIN IN LIFE IS INEVITABLE-
- BUT SUFFERING IS OPTIONAL.

□ HEDY SCHIELFER

**"It is not HOW old we are but HOW we are old".**

**"The older we get, the more we balance passion with compassion".**

# AGEING

- ▣ OLD AGE IS LIKE FLYING A PLANE
- ▣ THROUGH A STORM- ONCE YOU ARE
- ▣ ABOARD THERE IS NOTHING YOU
- ▣ CAN DO. GOLDA MEIR.

I THOUGHT GROWING OLD  
WOULD TAKE LONGER.



- ▣ OLD AGE COMES AT A BAD TIME.
- ▣ ONCE YOU FINALLY KNOW
- ▣ EVERYTHING, YOU START TO
- ▣ FORGET EVERYTHING YOU KNOW.

whatever  
happened to  
our sexual  
relations?

I don't know.  
I don't even  
think we got  
a Christmas  
card from them  
this year.





1978



LONG HAIR

8 TRACKS

STREAKING

HOPING FOR A BMW

ROLLING STONES

DISCO

ACID ROCK

STAYIN' ALIVE(SONG)

2023

LONGING FOR HAIR

CATARACTS

LEAKING

HOPING FOR A BM

KIDNEY STONES

COSTCO

ACID REFLUX

STAYIN' ALIVE(GOAL)

**I don't  
want to  
say I'm  
old and  
worn  
out, but I  
make  
sure I'm  
nowhere  
near the  
curb on  
trash day.**



My! You must be VERY proud of  
all the weight you've lost!

BUS  
STOP



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SENIOR  
CENTER



SENIOR  
CENTER



DON'T  
FORGET

SENIOR  
CENTER



REMEMBER  
TO  
*TURN!*

WAKE  
UP!

LUNCH  
ONLY  
\$4

SENIOR  
CENTER

TURN  
NOW

SENIOR  
CENT



**I'm not saying I'm  
old but I just had  
to increase my  
font size to  
"Billboard."**

# THE DAILY TOON

BY MARK LYNCH



□ LIFE IS SEXUALLY

□ TRANSMITTED.

**ANOTHER ROMANTIC  
EVENING COMES AND GOES**



**THE EXCITEMENT IS ELECTRIC**

**SHOUTOUT TO EVERYONE  
WHO GOT THROUGH THE  
DAY WITHOUT TAKING A  
NAP.**

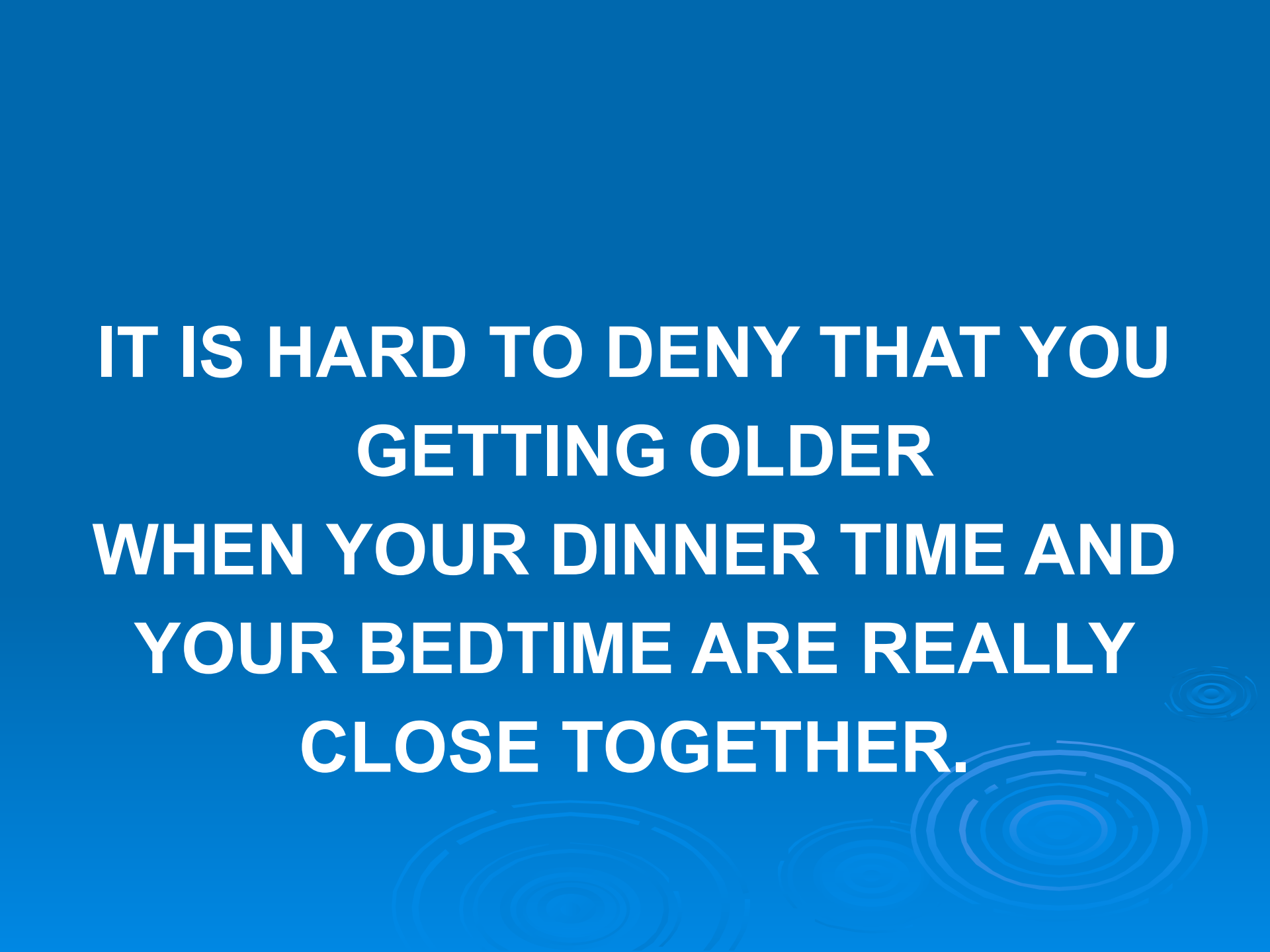
**PULLED AN ALL-DAYER  
TODAY. PRETTY TOUGH.**

I came, I saw, I forgot what I was doing, retraced my steps, got distracted on my way back, have no idea what's going on and now I have to pee.

# NEW WORD TO DESCRIBE SENIORS

□ “EXHAUASTIPATED”

**IT IS HARD TO DENY THAT YOU  
GETTING OLDER  
WHEN YOUR DINNER TIME AND  
YOUR BEDTIME ARE REALLY  
CLOSE TOGETHER.**



**People who ask  
me what I'm  
doing tomorrow  
probably assume  
that I even know  
what day of the  
week it is.**

# RETIREMENT ADVANTAGES

- 1- HOW MANY DAYS IN A WEEK?
- 6 SATURDAYS AND 1 SUNDAY
  
- 2- WHEN IS A RETIREE'S BEDTIME?
- TWO HOURS AFTER HE FALLS ASLEEP ON THE COUCH.
  
- 3- AMONG RETIREES, WHAT IS CONSIDERED FORMAL ATTIRE?
- TIED SHOES.

**WHEN GRANDMA  
DECIDED TO UNFRIEND  
SOMEONE**



**I'V GONE WIRELESS**



**ALL MY  
PASSWORDS ARE  
PROTECTED BY  
AMNESIA**

**IF ABBEY ROAD  
WAS RELEASED TODAY**



**Did a little  
mechanics work  
today.**

**Put a rear end  
in a recliner.**



MAGIC *Etch-A-Sketch* SCREEN

I tried to login on my iPad.  
Turns out it was an  
Etch-a-Sketch and I don't  
own an iPad.

Also, I'm out of wine.

# GAMES FOR SENIORS

- 1-SAG, YOUR IT.
- 2- PIN THE TOUPEE ON THE BALD GUY.
- 3- RED ROVER, RED ROVER, THE NURSE SAYS BEND OVER.
- 4- MUSICAL RECLINERS.

In general, I don't believe in child labor. But sometimes they're the only ones who can figure out what's wrong with my computer.



# TV Tray for Seniors

Don't laugh. Patent pending

You're just upset that you didn't think of this great invention.

And you know that you are going to forward this on...



# “OLD” IS WHEN

- A SEXY BABE CATCHES YOUR FANCY AND YOUR PACEMAKER OPENS THE GARAGE DOOR.
- GOING BRALESS PULLS ALL THE WRINKLES OUT OF YOUR FACE.
- YOU ARE CAUTIONED TO SLOW DOWN BY THE DOCTOR INSTEAD OF THE POLICE.
- “GETTING A LITTLE ACTION” MEANS YOU DON’T NEED TO TAKE ANY FIBRE TODAY.

**You Know You're  
Getting Old When  
"Friends With  
Benefits", Means  
Having Someone Who  
Can  
Drive At Night.**





I got myself a seniors' GPS. Not only does it tell me how to get to my destination, it tells me why I wanted to go there.



# HOLLYWOOD SQUARES

REMEMBER WHEN TV PROGRAMS WERE SPONTANEOUS AND NOT SCRIPTED?  
HERE ARE A FEW CHOICE QUESTIONS AND THE SPONTANEOUS ANSWERS.

1- QUESTION- WHY DO HELL'S ANGELS WEAR LEATHER?

ANSWER- PAUL LYNDE- BECAUSE CHIFFON WRINKLES TOO EASILY

2-QUESTION- IF YOU ARE GOING TO MAKE A PARACHUTE JUMP, HOW HIGH SHOULD YOU BE?

ANSWER- CHARLIE WEAVER- THREE DAYS OF STEADY DRINKING SHOULD DO IT.

3-QUESTION- DO FEMALE FROGS CROAK?

ANSWER-PAUL LYNDE- IF YOU HOLD THEIR LITTLE HEADS UNDER WATER LONG ENOUGH.

4-QUESTION- IN BOWLING WHAT'S A PERFECT SCORE?

ANSWER- ROSE MARIE- RALPH THE PIN BOY.

5-QUESTION- IT IS THE MOST ABUSED AND NEGLECTED PART OF THE BODY. WHAT IS IT?

ANSWER- PAUL LYNDE- MINE MAY BE ABUSED BUT IT CERTAINLY ISN'T NEGLECTED.

# AUTUMN YEARS DATING AGENCY



" It says here that you'd prefer someone with regular bowel movements..Does it matter if they're involuntary ? "

# THE SENILITY PRAYER

- 
- GRANT ME THE SENILITY TO FORGET THE PEOPLE
  - I NEVER LIKED ANYWAY.
- THE GOOD FORTUNE TO RUN INTO THE ONES I DO LIKE
  - AND THE EYESIGHT TO TELL THE DIFFERENCE.

# THE CIRCLE OF LIFE



# CIRCLE OF LIFE

**AT 4 SUCCESS IS NOT PEEING YOUR PANTS**

**AT 12 SUCCESS IS HAVING FRIENDS**

**AT 16 SUCCESS IS HAVING YOUR DRIVERS LICENSE**

**AT 20 SUCCESS IS HAVING SEX**

**AT 35 SUCCESS IS HAVING MONEY**

# CIRCLE OF LIFE –CONT'D

- AT 60 SUCCESS IS HAVING MONEY
- AT 70 SUCCESS IS HAVING SEX
- AT 80 SUCCESS IS HAVING YOUR DRIVERS LICENSE
- AT 85 SUCCESS IS HAVING FRIENDS
- AT 90 SUCCESS IS NOT PEEING YOUR PANTS!

# OGDEN NASH

□ YOU ARE ONLY YOUNG

□ ONCE,

□ BUT YOU CAN STAY

□ IMMATURE INDEFINITELY.

# FIRST BAPTIST CHURCH

REV. JOHN SMITH

**9:00 AM Service: Jesus Walks On Water**

**11:00 AM Service: Searching For Jesus**


**SIGN OUTSIDE A CHURCH:  
THE ANGLICAN CHURCH  
WELCOMES YOU.  
THE PREMISES ARE  
PROTECTED BY  
GUARD DOGS.**



**Answers turning up in children's Confirmation classes.**

**Question: What is the practice of having only one wife or husband called?**

**Answer: " Monotony".**



**A pastor giving a children's sermon on vestments asked:  
"Why do you think I wear this collar?"**

**One kid answered:  
"Because it kills ticks and fleas up to 30 days?"**

# SEEN ON A CHURCH MARQUEE SIGN

- HONK IF YOU LOVE JESUS.
- TEXT WHILE DRIVING
- IF YOU WANT TO MEET HIM.

# SEEN ON A CHURCH MARQUEE SIGN

- TWEET OTHERS AS YOU
- WOULD LIKE TO BE TWEETED.

# SEEN ON A CHURCH OUTDOOR SIGN

▣ FORBIDDEN FRUIT

▣ CAUSES MANY JAMS.

ST. JAMES LUTHERAN

HE WHO FARTS  
IN CHURCH  
SITS IN HIS  
OWN PEW  
SUNDAY 930



*St. Cyril of Alexandria*  
CATHOLIC CHURCH

**STAYING IN BED  
SHOUTING, OH GOD!  
DOES NOT CONSTITUTE  
GOING TO CHURCH**

**DIOCESE OF GALVESTON-HOUSTON**



St. Mark's Anglican Church  
*"The Friendly Church"*

WORSHIP SAT 5PM SUN 8:30AM & 10:30AM

**ADAM & EVE  
THE FIRST PEOPLE  
TO NOT READ THE APPLE  
TERMS & CONDITIONS**

CATCH UP

WITH

JESUS

LETTUCE PRAISE  
& RELISH HIM

'Cuz He loves me  
from my head  
to-ma-toes

WHAT SOAP IS TO THE BODY,  
LAUGHTER IS TO THE SOUL.

Yiddish Proverb.



## **MISSING - ONE DOG**

FADED BROWN WITH BALD SPOTS

BLIND IN THE LEFT EYE

MISSING RIGHT EAR

MISSING LEFT HIND LEG

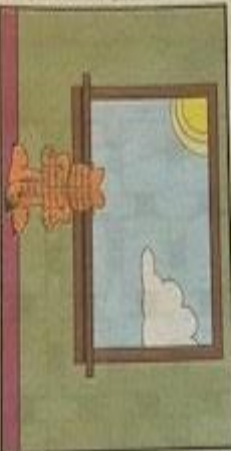
BROKEN TAIL

ANSWERS TO THE NAME "LUCKY"

GARFIELD



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**SHOMK**

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BY JIM DAVIS



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Actual newspaper article:

## **Local Police Station Vandalized**

Vandals entered local police station and removed all the toilet seats. Thus far police have nothing to go on!

# NOTICE ON OBSTETRICAL BULLETIN BOARD

THE FIRST FIVE MINUTES OF LIFE ARE VERY  
TRAUMATIC.

SOMEONE ADDED A P.S.-

THE LAST FIVE MINUTES AREN'T SO HOT  
EITHER.



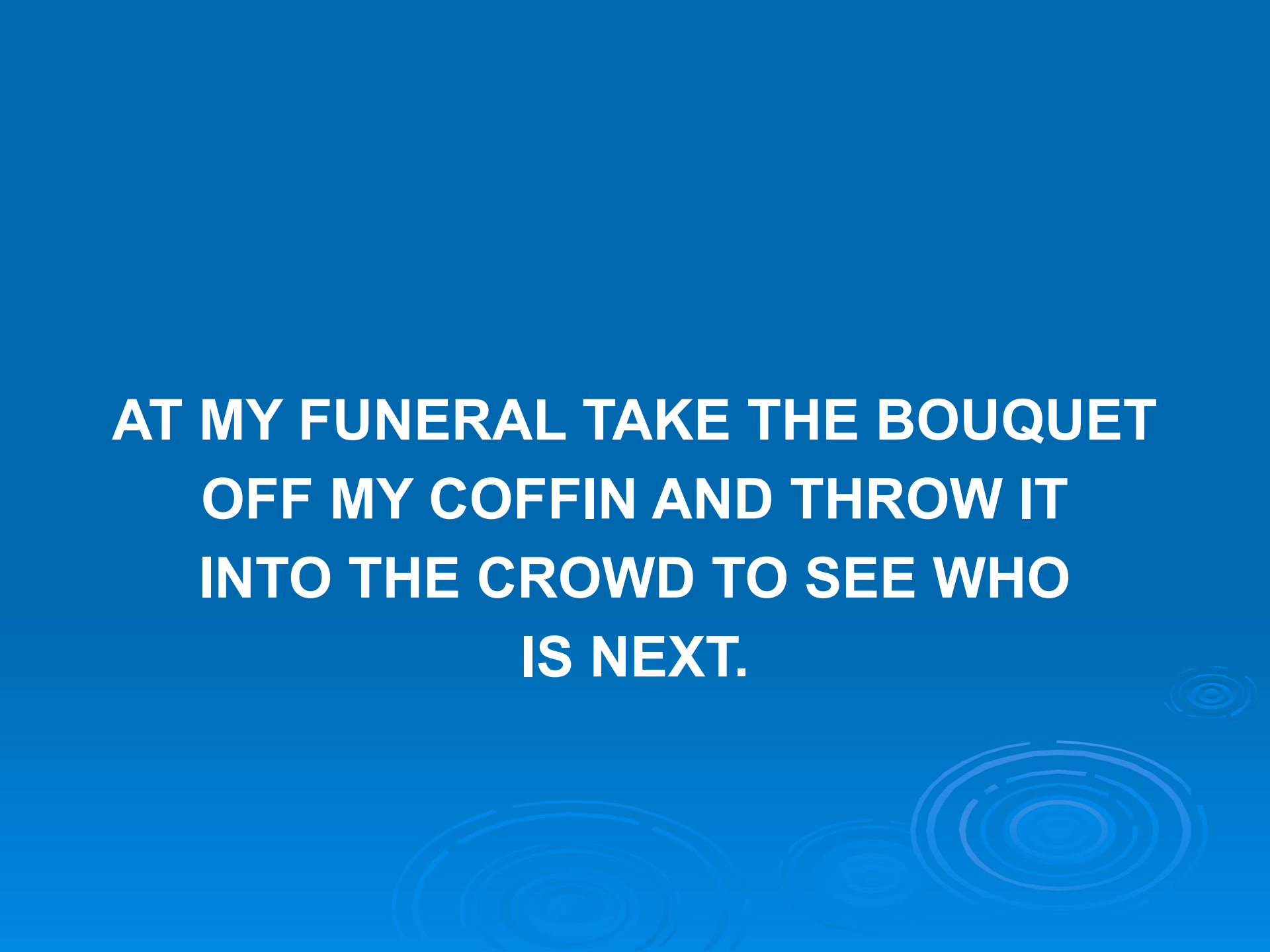
Amigone  
Funeral Home  
INC.

18 6 33

# SIGN IN FRONT A OF FUNERAL HOME

- DRIVE CAREFULLY- WE WILL WAIT.

**AT MY FUNERAL TAKE THE BOUQUET  
OFF MY COFFIN AND THROW IT  
INTO THE CROWD TO SEE WHO  
IS NEXT.**



The older I get,  
the more I regret  
all the people I've lost  
over the years.

Maybe being  
a trail guide  
wasn't such a  
great idea after all.



**Be thankful for the  
bad things in life.**

**For they opened  
your eyes to  
the good things  
you weren't  
paying  
attention to  
before!**



**□ WE COME INTO THIS WORLD CRYING  
WHILE ALL AROUND US ARE SMILING.  
MAY WE SO LIVE THAT WE GO OUT OF  
THIS WORLD SMILING WHILE  
EVERYBODY AROUND US IS  
WEEPING.**

**□ UNKNOWN**

# RONALD OLIVER

□ WE JUST HAVE TO ACCEPT THE

□

□ FACT THAT SOME PEOPLE

□ ARE GOING TO STAY

IN OUR HEARTS EVEN IF THEY

DON'T STAY IN OUR LIVES.

LOCAL HOSPITAL HAD A NOTICE ON THE ONLY  
ELEVATOR TO EXIT THEIR PSYCHIATRIC UNIT:

THREE LOONIES REQUIRED TO EXIT  
THE PARKING LOT.

## **Actual excuse notes from parents to teachers**

- 1) Dear School: Please excuse John being absent on Jan 28, 29, 30, 31, 32 and also 33.**
- 2) Please excuse Ray friday he had very loose vowels.**
- 3) Please excuse Tom being absent yesterday. He had diarrhea and his boots leak.**


## **Humour in Advertising**

- 1) Sign in a Music Store:  
"Gone Chopin, be Bach  
in a Minuet".**
- 2) Frozen food ad:  
"The best meals you ever  
thaw".**
- 3) Sign in a Diet Clinic:  
"A word to the wide  
should be sufficient".**

148

 **NICHOLS**  
PLUMBING and HEATING

**SHOWROOM** 

 **MOEN**<sup>™</sup> Faucets for a lifetime.

**DON'T SLEEP  
WITH A DRIP  
CALL 743 4107**

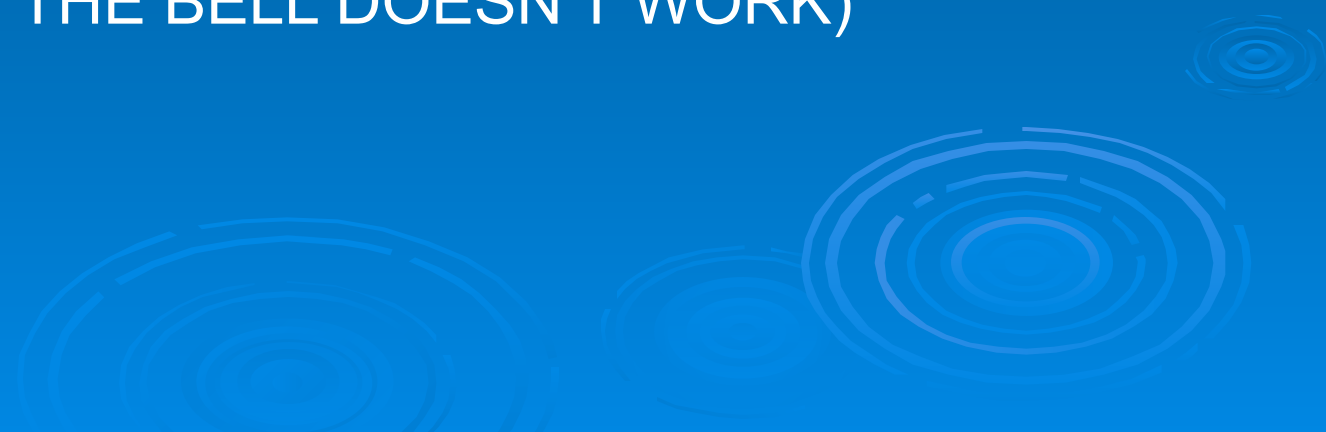
MADE BY JERRY

SIGN ON A REPAIR SHOP:

WE CAN REPAIR

ANYTHING.

(PLEASE KNOCK HARD  
ON THE DOOR-  
AS THE BELL DOESN'T WORK)



## NOTES FROM HOSPITAL CHARTS

- 1- PATIENT WAS SHOT IN THE HEAD WITH A 32 CALIBRE RIFLE.
- CHIEF COMPLAINT- HEADACHE.
  
- 2- DICTATED- PATIENT HAD A PAP SMEAR TODAY.
- TRANSCRIBED- PATIENT HAD A PABST BEER TODAY.
  
- 3- DICTATED- RECTAL EXAMINATION DISCLOSED A NORMAL SIZED THYROID.

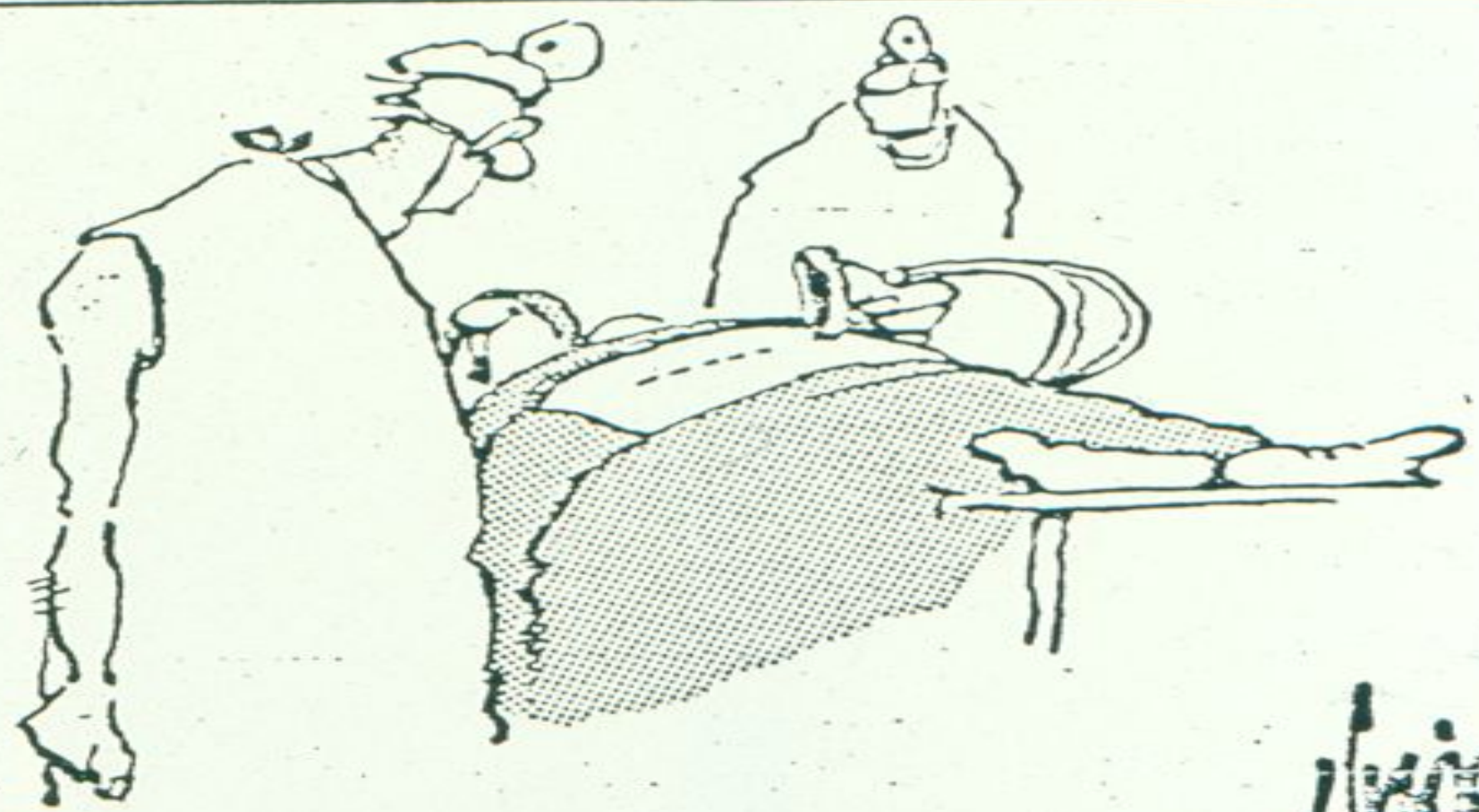


**"I feel a lot better since I ran  
out of those pills you gave me."**

**SEEN ON PLASTIC SURGEON'S OFFICE DOOR**

**LET US PICK YOUR NOSE**

A decorative graphic consisting of several sets of concentric circles in a lighter shade of blue, located in the bottom right corner of the page.



11/6

Lloyd Dangle

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“Leave a clamp or something in me.  
I could really use the money.”

Finland has just closed  
their borders.

No one will be crossing  
the finish line.

# DEFINITION OF AN EGOTIST

- **SOMEONE WHO IS USUALLY**
  - **ME-DEEP IN CONVERSATION.**
- 

□ **BREAD IS LIKE THE SUN:**

□ **IT RISES IN THE YEAST**

□ **AND SETS IN THE WAIST.**



□ TOOTHACHE:

□ THE PAIN THAT DRIVES

□ YOU TO EXTRACTION.



# THE FUN IN PUNS

- 1- THE MEANING OF OPAQUE IS UNCLEAR.
- 1- ALTERNATIVE FACTS ARE AVERSION OF THE TRUTH.
- 3- ATHEISM IS A NON-PROPHET ORGANIZATION.
- 4- WHAT IS A THESAURUS'S FAVOURITE DESSERT? SYNONYM BUNS.

# TERRIBLE PUNS

- 1-I'VE STARTED TELLING EVERYONE ABOUT THE BENEFITS OF DRIED GRAPES.IT'S ALL ABOUT RAISIN AWARENESS.
- 2-I ACCIDENTLY RUBBED KETCHUP IN MY EYES. NOW I HAVE HEINZSIGHT.
- 3-I TRIED TO COME UP WITH A CARPENTRY PUN THAT WOODWORK. I THOUGHT I NAILED IT BUT NOBODY SAW IT.
- 4-THEN THERE WAS THE TIME FRUIT OF THE LOOM TOOK HANES TO COURT---IT WAS A BRIEF CASE,
- 5-MY FRIEND SAID SHE WOULDN'T EAT COW'S TONGUE BECAUSE IT CAME OUT OF A COW'S MOUTH. I GAVE HER AN EGG.
- 6-I WANT TO TELL YOU ABOUT A GIRL WHO EATS ONLY PLANTS. YOU PROBABLY HAVE NOT HEARD OF HERBIVORE.

## MORE TERRIBLE PUNS

- 1-MAN WHO WANTS PRETTY NURSE MUST BE PATIENT.
- 2-PASSIONATE KISS, LIKE SPIDER WEB, LEADS TO UNDOING OF FLY.
- 3-LADY WHO GOES CAMPING MUST BEWARE OF EVIL INTENT.
- 4-MAN WHO EATS MANY PRUNES GET GOOD RUN FOR MONEY.
- 5-MAN WHO FIGHT WITH WIFE ALL DAY GET NO PIECE AT NIGHT.
- 6-MAN WHO STANDS ON TOILET IS HIGH ON POT.
- 7-WAR DOES NOT DETERMINE WHO IS RIGHT, IT DETERMINES WHO IS LEFT.

□ CRUSHING POP CANS

□ IS

□ SODA PRESSING.

□ DESPITE THE HIGH COST

□ OF LIVING

□ IT REMAINS POPULAR.

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are positioned in the lower right and bottom center of the slide, adding a dynamic visual element to the solid blue background.

# TERRIBLE PUNS

- 1-DEJA-MOO: THE FEELING THAT YOU'VE HEARD THIS BULL BEFORE.
- 2-I WENT TO BUY SOME CAMOUFLAGE PANTS THE OTHER DAY, BUT I COULDN'T FIND ANY.
- 3-I WENT TO A SEAFOOD DISCO LAST WEEK AND I PULLED A MUSSEL.

# HUMOR STYLES

## POSITIVE STYLES

- 1- AFFILIATIVE HUMOR- refers to those who continuously say or do funny things, tell jokes, use spontaneous witty banter or just smile a lot to facilitate relationships and reduce interpersonal tension.
- 2- SELF-ENHANCING HUMOR- those who continuously look for and use the incongruities in life to help maintain a humorous perspective. This is felt to be the healthiest form of humor and it can be used as an emotion regulating mechanism and can be done at any time.

# NEGATIVE HUMOR STYLES

- 1- AGGRESSIVE STYLES- this type of humor is used to criticize or manipulate others and it includes sarcasm, ridicule, derision and the so called: “put down”. It includes sexist, racist and “toxic humor”.
- 2- SELF-DEFEATING HUMOR- this is the type of humor that tries to ingratiate oneself with others. It is the self-disparaging humor that tries to amuse others by making fun of oneself. It is sometimes used to hide or deny the real issues and can be very unhealthy at times.

# THE EVOLUTION OF A SENSE OF HUMOUR

- THE VERY FIRST INTERACTIVE RECOGNITION OF A CHILD WITH AN ADULT IS THAT PRECIOUS FIRST SMILE AT 6 TO 8 WEEKS OF AGE.

# FIRST STAGE UNDER 1 YEAR

- ▣ **BABIES DO NOT CONSCIOUSLY CREATE HUMOUR BUT RATHER REACT TO THEIR ATTACHMENT FIGURES-ADULT FUNNY FACES WHEN HANDED A BABY**

# SECOND STAGE

## 12 MONTHS TO 3 YEARS

- CHILD NOW LEARNS THAT THEY CAN CREATE HUMOUR
- MAY TREAT AN OBJECT AS A DIFFERENT OBJECT
- MAY USE A SHOE AS A PHONE OR PURPOSELY MISNAME OBJECTS

# THIRD STAGE

## 3 TO 5 YEARS

- OFTEN START BY PLAYING WITH RHYMING WORDS
- MAY USE NONSENSE AND REAL WORD COMBINATIONS OR CHANGE SONGS
- WILL DISTORT OBJECTS, PEOPLE OR ANIMALS IN THEIR ART WORK

# FINAL STAGE

## 5 YEARS AND UP

- **START WITH PRE-RIDDLE STAGE WHERE THEY TELL RIDDLES WITHOUT UNDERSTANDING THEM**
- **REQUIRES OPERATIONAL THINKING TO RETAIN TWO MEANINGS OF A RIDDLE AT THE SAME TIME. THIS DEVELOPS OVER TIME**
- **KNOCK-KNOCK JOKES AND BATHROOM HUNOUR OFTEN SEEN HERE**

# COMPONENTS OF A LAUGH

- 1- THE SMILE- USES THE ZYGOMATICUS MAJOR MUSCLE-NON-SPECIFIC AND CAN BE INSINCERE
- 2- THE TWINKLE-USES THE ORBICULARIS OCULI MUSCLES- MAY CAUSE “CROW’S FEET”
- 3- THE CLOWN FACE- INVOLVES THE FRONTALIS AND PLAYSMA MUSCLES-MOUTH SLIGHTLY OPEN
- 4- THE GIGGLE OR CHUCKLE- UPPER CHEST MUSCLES- SMALL AMOUNTS OF AIR MOVE IN AND OUT

# COMPONENTS OF A LAUGH

- 5- THE BELLY LAUGH- AIR TRYING TO MOVE AGAINST A PARTIALLY CLOSED GLOTTIS-ANAL SPHINCTER TIGHTENS!
- 6- MOVE AND STRIKE- HAVE TO MOVE AND MAY SLAP YOUR THIGHS
- 7- CRY AND LIMP- WEARY AND EXHAUSTED- TIME TO STOP.

- **SCIENTISTS SAY THE UNIVERSE**
  - **IS MADE UP OF PROTONS,**
  - **NEUTRONS AND ELECTRONS.**
  - **THEY FORGOT TO MENTION**
    - **MORONS.**

# JOHN CLEESE ON STUPIDITY

- IF YOU ARE VERY, VERY STUPID,
- HOW CAN YOU POSSIBLY REALIZE
  - THAT YOU ARE VERY, VERY
    - STUPID?
  - YOU WOULD HAVE TO BE
  - RELATIVELY INTELLIGENT TO
- REALIZE HOW STUPID YOU ARE.

# DUNNING-KRUGER EFFECT

- THE LESS COMPETENT A PERSON
  - IS AT SOMETHING,
- THE SMARTER THEY THINK
  - THEY ARE.

# DUNNING-KRUGER CONT'D

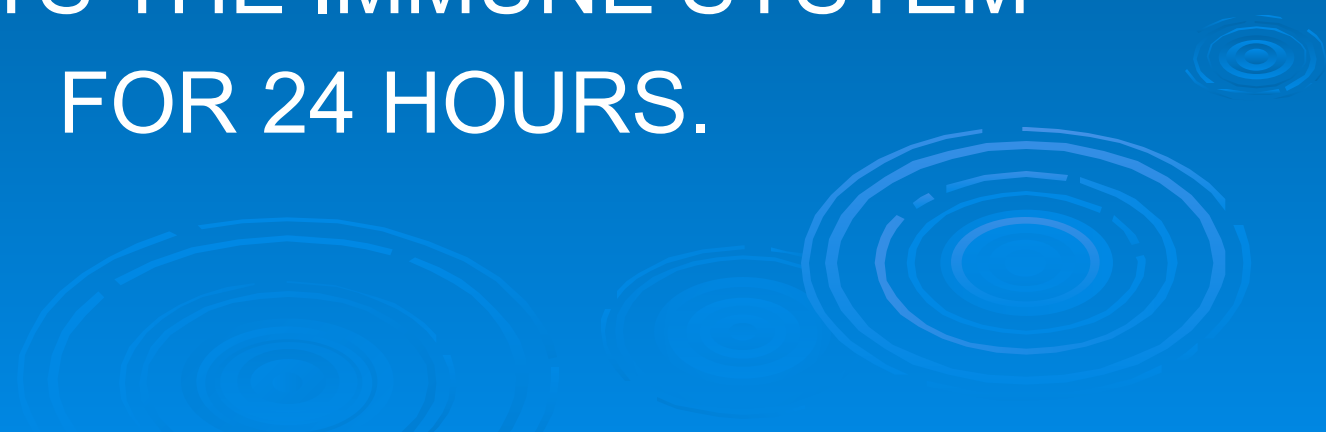
□ THEIR INCOMPETENCE ROBS

□ THEM OF THEIR ABILITY

□ TO REALIZE IT.

□ ONE MINUTE OF ANGER  
WEAKENS THE IMMUNE SYSTEM FOR 4  
TO 5 DAYS.

ONE MINUTE OF LAUGHTER  
BOOSTS THE IMMUNE SYSTEM  
FOR 24 HOURS.



**"The art of medicine consists of amusing the patient while nature cures the disease".**

**Voltaire**







JOKES-ON-SPOKES

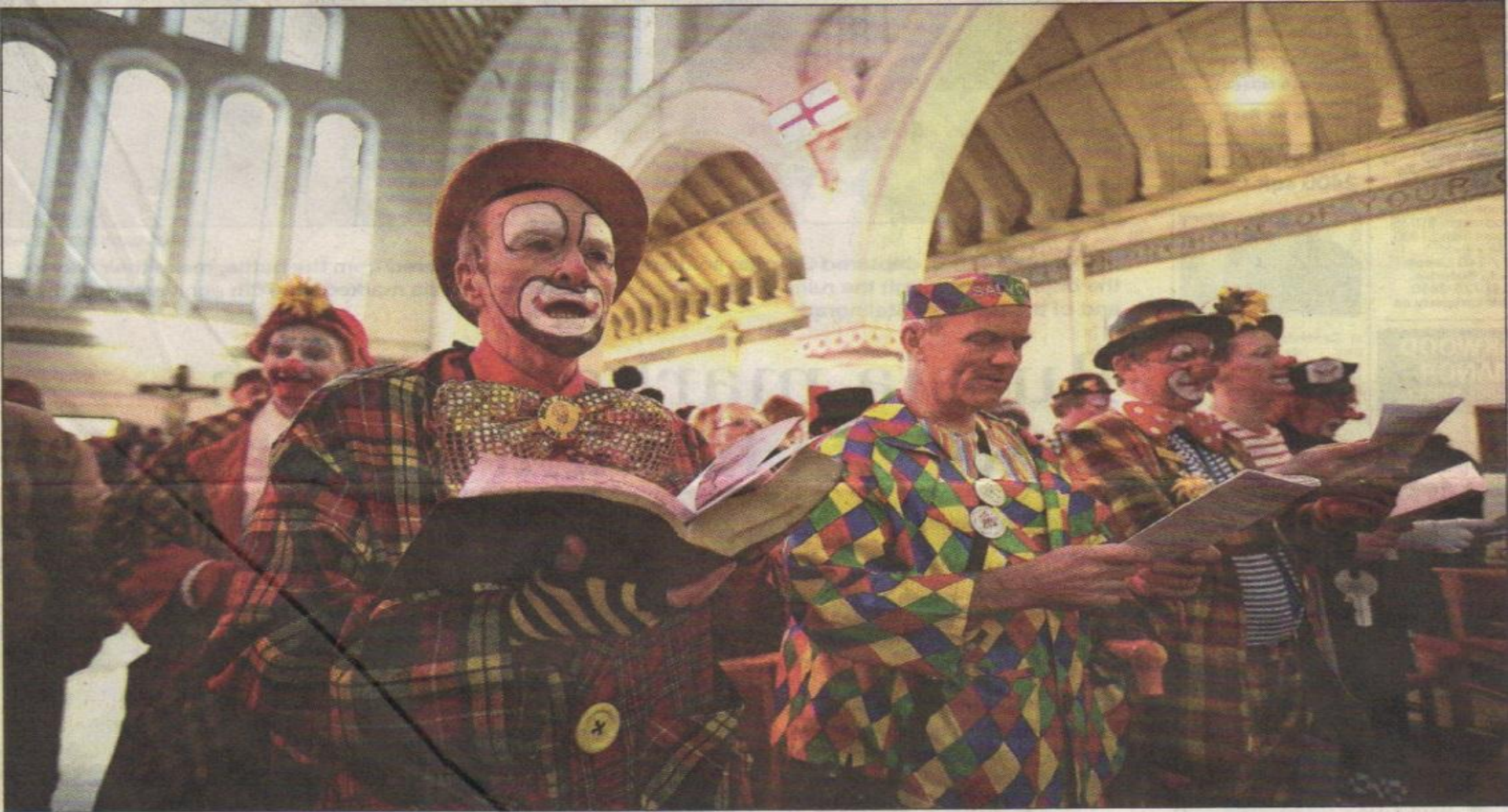
LAUGHTER

IS

GOOD

MIND

SPIRIT

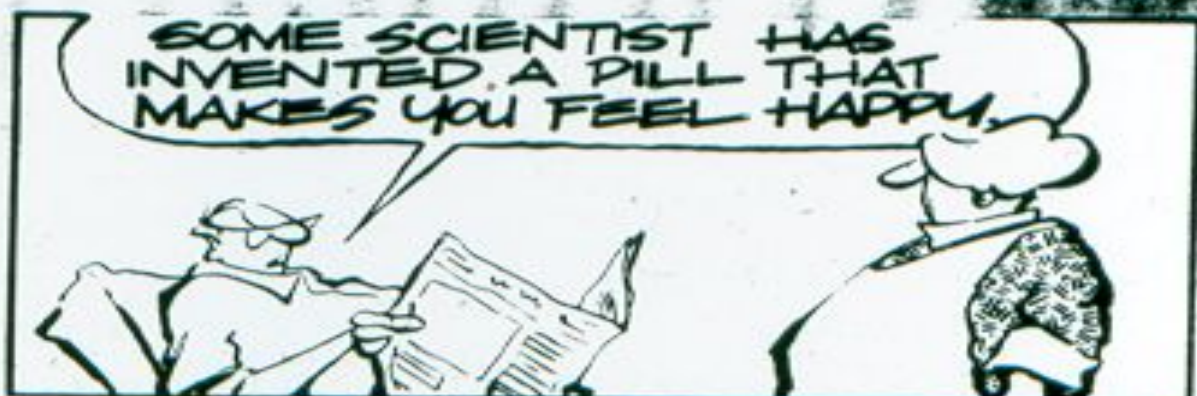


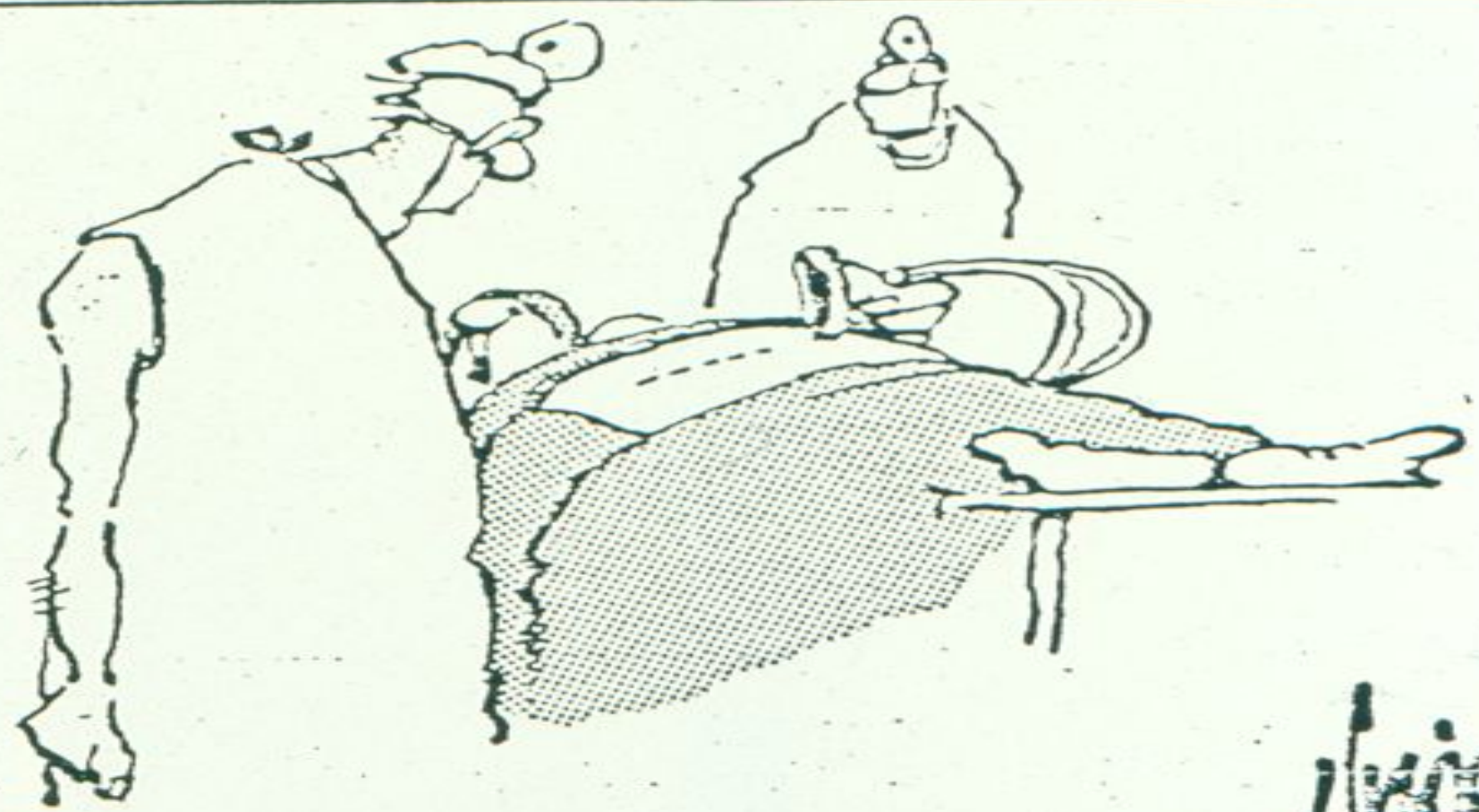
OLI SCARFF, GETTY IMAGES

## No laughing matter

Clowns in full costume Sunday sing during the annual Clowns Church Service at Holy Trinity Church in Dalston in London, England. Clowns attend the service in memory of Joseph Grimaldi (1778-1837), the most celebrated English clown who was born in London. The service has been an annual tradition since 1946 with the attending clowns usually performing for the public afterwards.







11/6

11/6

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“Leave a clamp or something in me.  
I could really use the money.”



"You say you've got a ringing in your ears..."

AMERICAN ROAD SIGN

ANTIQUE TABLES

MADE DAILY

A decorative graphic consisting of several sets of concentric circles in a lighter shade of blue, located in the bottom right corner of the page.



11/20

Lloyd Dangle

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“I’m going to take you off the nitroglycerine pills.”

SIGN IN A CHURCH HALL  
LOW  
SELF-ESTEEM  
SUPPORT  
GROUP  
MEETS  
THURSDAY  
AT 7 P.M.

PLEASE USE  
THE BACK DOOR

SIGN ON A RADIATOR SHOP

THE BEST PLACE IN TOWN TO TAKE A  
LEAK.



# LAUGHTER EXERCISES

- 6- TOUCH LEFT EAR TO LEFT SHOULDER AND THEN RIGHT EAR TO RIGHT SHOULDER X 6 EACH
- 7-TAKE SHOULDERS AND ROTATE THEM X 6
- 8-RAISE BOTH ARMS TO THE CEILING AND HOLD X 10 SEC.
- 9-WITH BOTH ARMS STILL UP LEAN TO THE RIGHT AND THEN TO THE LEFT X 6
- 10-STANDING WITH HANDS ON HIPS ROTATE THE HIPS.

# LAUGHTER EXERCISES

- ▣ 1-RAISE EYEBROWS TO HAIRLINE AND HOLD FOR 10 SEC.
- ▣ 2-SQUEEZE EYES TIGHTLY SHUT FOR 10 SECONDS.
- ▣ 3-TOUCH CORNERS OF MOUTH TO EARS AND HOLD X 5 SEC.
- ▣ 4-TOUCH CORNERS OF MOUTH TO CHIN IN GRIMACE X5 SEC
- ▣ 5-TOUCH CHIN TO CHEST AND THEN TO CEILING X 6

# INTERACTIVE TIME

- 1-ANY QUESTIONS THUS FAR ABOUT THE MATERIAL PRESENTED?
- 2-WOULD ANYONE LIKE TO SHARE EXAMPLES OF HOW YOU USED HUMOR IN YOUR WORK OR LIFE?
- 3-WOULD ANYONE LIKE TO SHARE SOME OF YOUR OWN EMBARRASSING MOMENTS?

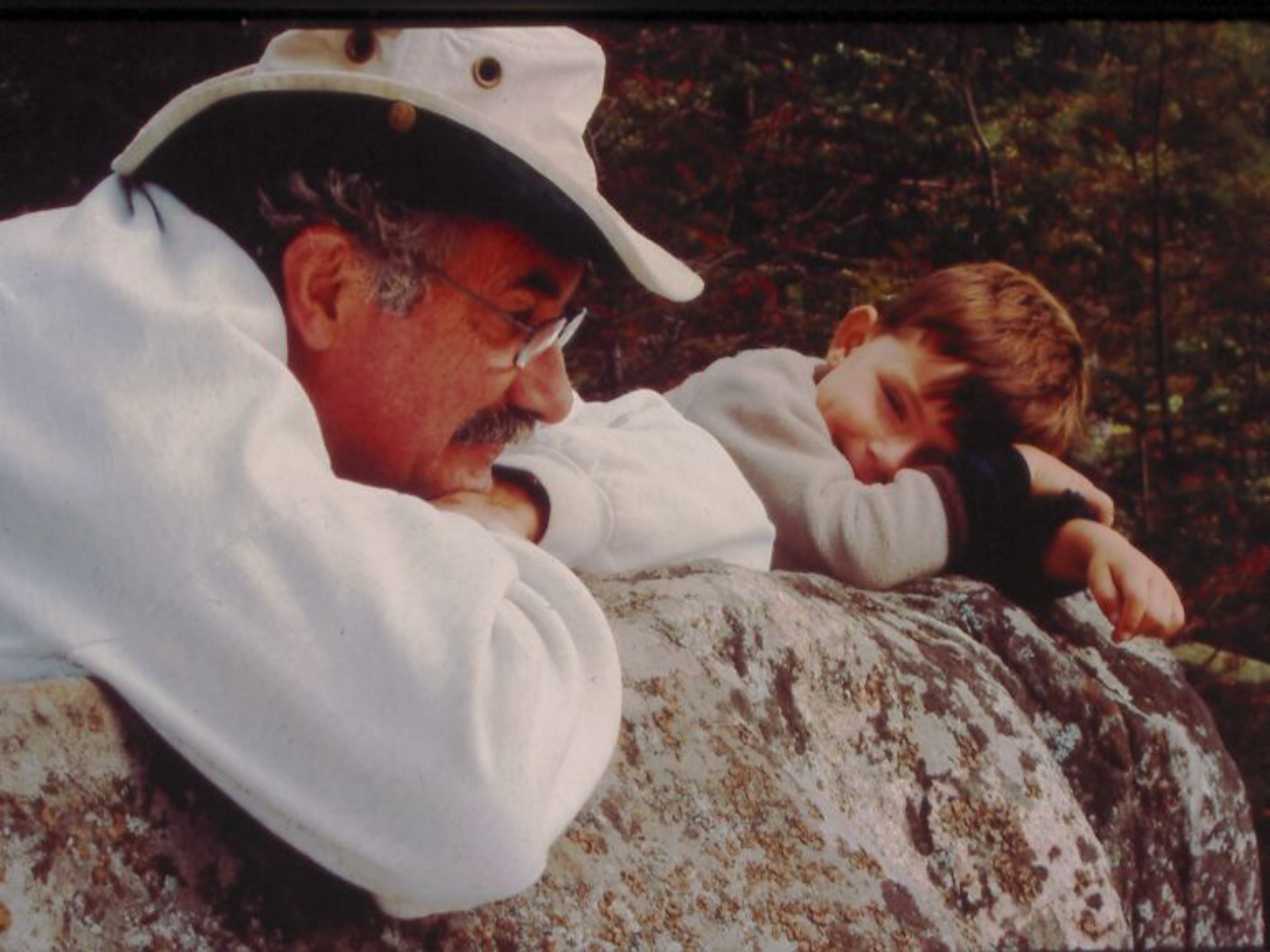
# FROM RICHARD LOUV'S "LAST CHILD IN THE WOODS".

- ALL SPIRITUAL LIFE BEGINS WITH A SENSE OF WONDER, AND ONE OF THE FIRST WINDOWS TO WONDERMENT IS THE NATURAL WORLD.



Projector 10







# ECO-FEMINISM

## FEMALE VOICE

(WEAVER OF RELATIONSHIPS)

1-THREATENED BY SEPARATION

2-CARING AND NUTURING

3-CO-OPERATIVE

4-PASSIVE RESPONSE

5-INTERDEPENDENT OR DEPENDENT

## MALE VOICE

(ETHIC OF JUSTICE AND RIGHTS)

1-THREATENED BY INTIMACY

2-DISTANT AND AGGRESSIVE

3-COMPETITIVE

4-ACTIVE RESPONSE

5-AUTONOMOUS OR SEPARATE

▣ 6-EXPRESSIVE OF FEELINGS

6-LIMITED IN EXPRESSION

▣ 7-PREFERRING MERCY

7-PREFERRING JUSTICE

▣ 8-EMPATHETIC

8-SELF-INTEREST PRIMARY

▣ 9-SELF-SACRIFICING

9-SELF-SERVING

▣ 10-SUBSERVIENT

10-DOMINANT

▣ 11-POWER IN CARING

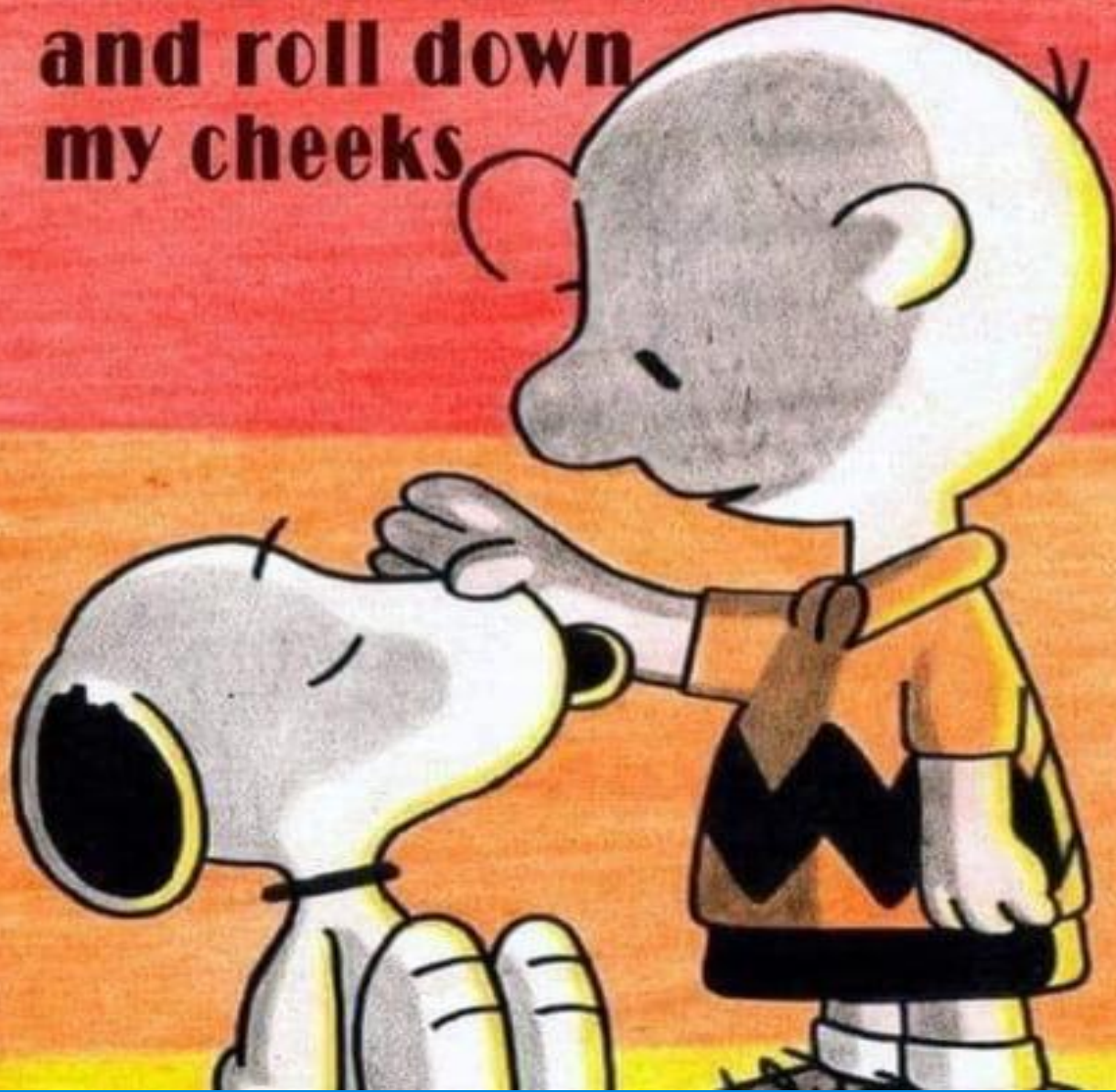
11-POWER IN ASSERTION



# Meanwhile in Canada



**Sometimes memories  
sneak out of my eyes  
and roll down  
my cheeks**


















# INTERNATIONAL JOURNAL OF ENVIRONMENTAL RESEARCH

- **FIRST STUDY IN CANADA TO DO COST-BENEFIT ANALYSIS OF PARKS.**
- **OUT OF UNIVERSITY OF WATERLOO.**
- **QUACKER FOODS URBAN PARK**
- **PARK COST 6.4 M- SAVINGS 4M/YEAR**
- **PARK HAS OUTDOOR RINK, STAGE, GREEN SPACE, FARMERS MARKET, WASHROOMS.**
- **KNOW ABOUT HEALTH BENEFITS-FITNESS, REDUCED STRESS- NOW COST SAVINGS.**

# PRINCIPLE OF INVERSE PARANOIA

One should proceed through each day looking for  
the good that is all around us.

A decorative graphic consisting of several sets of concentric circles in a lighter shade of blue, located in the bottom right corner of the slide.

Opportunity is nowhere

**CHILDREN! YOU BRING THEM INTO THE  
WORLD AND THEY DRIVE YOU OUT  
OF IT!**

**Balzac (1799 - 1850)**





**THE DIFFERENCE BETWEEN A  
BIG SISTER AND A BIG BROTHER...**



## THE WISDOM OF CHILDREN

- WHEN YOUR DAD IS MAD AT YOU & ASKS YOU, “DO I LOOK STUPID?” DON’T ANSWER HIM.
- DON’T PULL YOUR DAD’S FINGER WHEN HE TELLS YOU TO.”
- “WHEN YOUR MOM IS MAD AT YOUR DAD, DON’T LET HER BRUSH YOUR HAIR.”
- “IF YOU WANT A KITTEN, START OUT BY ASKING FOR A HORSE.”

This year thousands of men  
will die from stubbornness.

NO WE WON'T

Learn the preventive medical tests you need. [ahrq.gov](http://ahrq.gov)



LAMAR

15201

Found an extra pair of boots at the worksite so I decided to give my boss a heart attack



**I hate when Doctors  
asks questions like.  
Are you sexually  
active?**

**Depends on what you  
mean by "active".**

**There are plenty of  
"active" volcanoes that  
haven't gone off in  
over 50 years.**

# ANNETTE GOODHEART

- WOMEN OFTEN CRY WHEN THEY MAY
  - REALLY NEED TO GET ANGRY,
  - AND MEN OFTEN GET ANGRY
- WHEN THEY MAY REALLY NEED TO CRY.

□ I AM A WOMAN,

□ WHAT IS YOUR SUPERPOWER?



We're looking for someone who  
can do the work of six men


That's a shame, I was  
looking for a full time job!



Okay, Mr. Smith. Just stick it in between those two devices.



If Women Ran the World

An elderly couple is shown in a close-up, seated together. The man on the left has white hair and is wearing a light blue checkered shirt. The woman on the right has short, styled grey hair and is wearing a solid blue button-down shirt with a small crest on the pocket. Her hand is resting on the man's arm. Two speech bubbles are overlaid on the image. The man's bubble contains a long, repetitive sentence. The woman's bubble contains a short, simple phrase.

**FOR THE LAST 30  
YEARS, ALL YOU'VE  
DONE IS FIND MISTAKES  
IN ANYTHING I SAY.**

**31 YEARS...**

**Men don't have  
babies because  
God saw the way  
they handle a cold  
and knew the  
species would  
never survive.**

- ▣ POLICE WERE CALLED
- ▣ TO A DAYCARE CENTER
- ▣ FOR A CHILD WHO WAS
- ▣ RESISTING A REST.





**"I think you'll find my test results are a pretty good indication of your abilities as a teacher."**

# STUDENT ASSESSMENT

- A LITTLE GIRL HAD JUST FINISHED
  - HER FIRST WEEK OF SCHOOL.
  - “ I’M JUST WASTING MY TIME” SHE SAID TO HER MOTHER.
    - “I CAN’T READ, I CAN’T WRITE,
      - AND THEY WON’T LET ME
        - TALK”.



"I'm not worried. If I'm not smart enough to get a good job, I can always teach."

# PLAYING WITH WORDS

- DURING A DISCUSSION ABOUT THE DIFFERENCE BETWEEN “**COMPLETE**” AND “**FINISHED**” SOMEONE SUGGESTED THIS EXPLANATION:
- WHEN YOU MEET THE RIGHT WOMAN YOU ARE “**COMPLETE**”. IF YOU MARRY THE WRONG WOMAN YOU ARE “**FINISHED**”.
- IF THE RIGHT WOMAN FINDS YOU WITH THE WRONG WOMAN YOU ARE “**COMPLETELY FINISHED**”.

# WHY MEN FEEL COMPUTERS ARE FEMALE

- ONLY THEIR CREATERS CAN UNDERSTAND HOW THEY WORK AND THINK.
- 2- THEY SPEAK IN CODES THAT ONLY THEY CAN UNDERSTAND.
- 3- THEY STORE YOUR MISTAKES FOR YEARS TO USE AGAINST YOU.
- 4- ONCE COMMITTED YOU SPEND YEARS ACCESSORIZING THEM AT GREAT EXPENSE.

# WHY FEMALES THINK COMPUTERS ARE MALE.

- 1- TO GET THEIR ATTENTION YOU FIRST HAVE TO TURN THEM ON.
- 2- THEY HAVE LOTS OF DATA BUT CAN'T THINK FOR THEMSELVES.
- 3- SUPPOSED TO SOLVE PROBLEMS BUT ARE OFTEN THE ACTUAL PROBLEM.
- 4- ONCE COMMITTED YOU REALIZE YOU SHOULD HAVE WAITED FOR A BETTER MODEL

# LOOKING FOR INCONGRUITIES

- 1- LIVING TOGETER LINKED TO DIVORCE.
- 2- ILLITERATE? WRITE TODAY FOR FREE BOOKLET.
- 3- FOR SALE- 4 POSTER BED- OVER 100 YEARS OLD- PERFECT FOR ANTIQUE LOVERS

# WHAT IS HEALTHY HUMOUR?

- HEALTHY HUMOUR FOLLOWS THE “BENIGN VIOLATION THEORY.”
- THIS IS HUMOUR THAT VIOLATES WHAT IS NORMAL OR EXPECTED BUT DOES NOT SUGGEST VIOLENCE OR EMOTIONAL DISTRESS.
- HUMOUR SHOULD ALSO GO BY THE “AT&T PRINCIPLE”
- 1- BE APPROPRIATE
- 2- BE TIMELY
- 3- BE TACTFUL
-

# HUMOR'S EVOLUTION

## ▣ OLD TABOOS

- ▣ SWEAR WORDS
- ▣ BODY PARTS
- ▣ SEX
- ▣ RELIGION

## ▣ NEW TABOOS

- ▣ 2SLGBTQ+ ISSUES
- ▣ DISABILITIES
- ▣ ETHNICITIES
- ▣ OLD PEOPLE

# HANDLING TOXIC HUMOUR

- 1- TELL THEM YOU DON'T LIKE IT AND WHY
- 2- GIVE THEM ABSOLUTELY NO REACTION
- 3- ASK THEM TO EXPLAIN THE JOKE
- 4- SIMPLY WALK AWAY
- AFRICAN PROVERB:" THE AXE FORGETS. THE TREE REMEMBERS."
- "YOU DON'T HAVE TO BLOW OUT MY CANDLE TO MAKE TO MAKE YOURS GLOW BRIGHTER."

Canada begins  
construction on a wall  
at the Canada US  
border 🇨🇦🐾



# HUMANE HUMOUR RULES

- 1- NEVER TARGET THE VICTIM
- 2- DON'T JOKE TOO SOON ABOUT TRAGEDIES
- 3- NEVER TARGET A QUALITY THE TARGET CAN'T CHANGE
- 4- TARGET ONLY A PERSON'S BEST QUALITIES, NOT THEIR WORST QUALITIES.
- 5- JOKE ONLY ABOUT YOUR OWN GENDER, ETHNICITY, RELIGION, APPEARANCE, ETC.
  
- IF YOU WANT TO DO WHAT IS RIGHT, ASK YOURSELF "WHAT WOULD LASSIE DO?"

# JOKES REVEAL CURRENT AREAS OF SOCIAL DISCOMFORT.

## OLD TABOOS

- VULGARITIES
- SWEAR WORDS
- BODY PARTS
- SEX
- RELIGION

## □ NEW TABOOS

- LACK OF PATRIOTISM
- 2SLGBTQ+ ISSUES
- DISABILITIES
- ETHNICITIES
- OLD PEOPLE

# COMMUNICATION

- ❑ ONE PARTICULAR STUDY BROKE DOWN HUMAN COMMUNICATION INTO SEVERAL PARTS AND THEN ASSESSED THEIR IMPORTANCE.
- ❑ THEY FOUND THAT THE ACTUAL WORDS USED PROVIDED ONLY 7% OF THE MEANING.
- ❑ THE TONE USED ADDED ANOTHER 38%.
- ❑ BODY LANGUAGE PROVIDED THE BIGGEST COMPONENT AT 55%.
- ❑ IF THIS HOLDS TRUE THEN ALL THOSE EMAILS YOU RECEIVE LACK 93% OF THE MESSAGE!!

HUMOUR MAKES A CONNECTION,

□ CONNECTION INSTILLS TRUST,

□ TRUST ENGENDERS CONFIDENCE,

□ CONFIDENCE LEADS TO A  
RELATIONSHIP

□ THE RELATIONSHIP ALLOWS YOU TO  
CONDUCT YOUR BUSINESS.

# HANDLING FULL MOON SYNDROME

- 1- VENTILATION- MANY CUSTOMERS JUST NEED TO VENTILATE.
- 2- VERIFY- CHECK THE FACTS OF THE COMPLAINT.
- 3- CLARIFY- YOUR OPTIONS IN SOLVING THE ISSUES-REMAIN CALM!

# SIGN FOR THE OFFICE

□ THE DEADLINE FOR

□ COMPLAINTS

□ WAS YESTERDAY.

# WHEN USING HUMOUR IN ADVERTISING

- 1- SHOULD BE BRIEF.
- 2- SHOULD BE SOME THINKING INVOLVED TO PROCESS THE MESSAGE AND THUS REMEMBER IT LONGER.
- 3- WHILE LAUGHING YOU ARE RELAXED, LESS RIGID AND YOUR DEFENSES ARE DOWN AND ARE THUS MORE LIKELY TO CONSIDER THE PRODUCT.

**□ THERE IS A DIFFERENCE BETWEEN  
□ TAKING ONE'S WORK SERIOUSLY AND  
ONE'S SELF SERIOUSLY.**

**□ THE FIRST IS IMPERATIVE AND  
□ THE SECOND IS DISASTROUS.**



# **Advertising and Media Bloopers**

- 1) Add in Sales flyer:  
"Modular sofas. Only \$299  
for rest or foreplay".**
- 2) Radio blooper:  
Tune in next week for  
another series of classical  
programs with the Canadian  
Broadcorping Castration.**
- 3) Seen on a sales marquee in  
Indiana shopping mall.  
Archery tournament  
Ears pierced**



"You can wait for him if you like.  
He's doing six months for  
'embezzlement.'"

# DEFINITIONS:

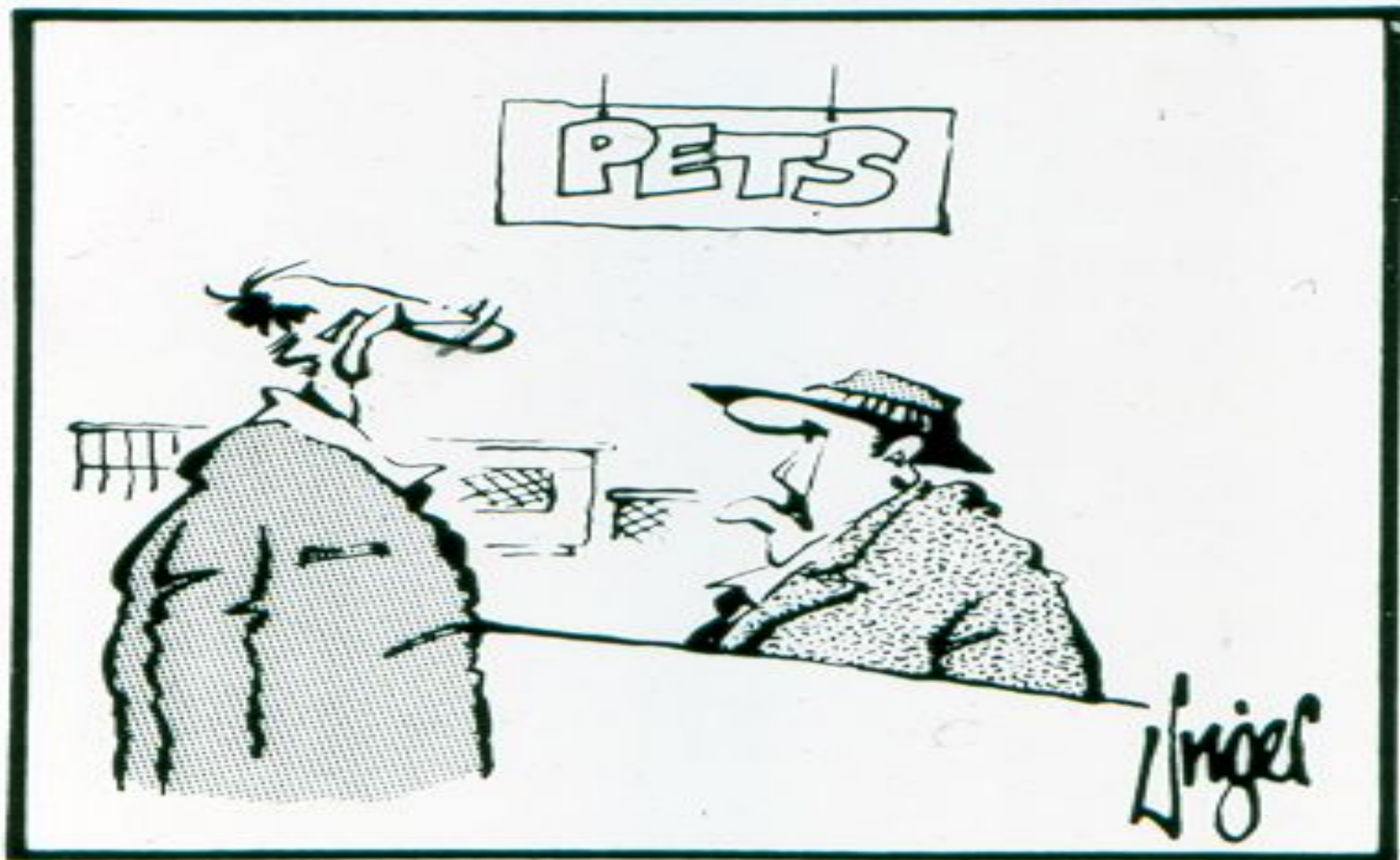
**NEUROTIC:** Someone who builds dream castles in the air

**PSYCHOTIC:** Someone who moves into the castle

**PSYCHIATRIST:** Someone who collects the rent

# CLOSED

- DUE TO PERSONAL
- CIRCUMCISIONS
- APOLOGIES FOR ANY
- INCONENIENCE CAUSED



**"It's for my mother-in-law. Got anything rabid?"**

□ SEXINESS WEARS THIN AFTER  
AWHILE, AND BEAUTY FADES, BUT TO  
BE MARRIED TO A MAN WHO MAKES  
YOU LAUGH EVERY DAY, Ahhh NOW  
THAT'S A REAL TREAT.

□ JOANNE WOODWARD

**HUMOUR IS CULTURAL,  
LAUGHTER IS UNIVERSAL.**



- **EVERYONE SMILES IN**
- **THE SAME LANGUAGE.**

**GEORGE CARLIN.**



# Everyone Smiles in the Same Language!



- WE HATE SOME PERSONS BECAUSE
- WE DO NOT KNOW THEM;
- AND WE WILL NOT KNOW THEM
- BECAUSE WE HATE THEM.

□ CHARLES COLTON.

□ **THOSE WHO ARE AT WAR WITH  
OTHERS ARE NOT AT PEACE WITH  
THEMSELVES.**

□ **WILLIAM HAZLITT**

**THERE ARE BUT THREE EVENTS  
WHICH CONCERN MANKIND: BIRTH,  
LIFE & DEATH. ALL KNOW NOTHING  
OF THEIR BIRTH, ALL SUBMIT TO  
DIE, AND MANY FORGET TO LIVE.**

**LA BRUYERE (1645 - 1696)**

**"Laughter is like changing a baby's diaper. It doesn't change things permanently, but it makes everything okay for a while".**

**Comedian - Michael Pritchard**

# NEGATIVE PEOPLE



□ OFTEN DESCRIBED AS:



“HAPPINESS VAMPIRES”



OR SUFFERING FROM:



“A SEVERE MIRTH DEFECT”

□ **FORGIVENESS IS GIVING UP**

□ **ON THE POSSIBILITY OF**

□ **A BETTER PAST.**

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are positioned in the lower right and bottom center of the slide, adding a subtle decorative element to the solid blue background.

# YOUR PERSONAL HUMOUR PROFILE

- 1-WHERE DO YOU LAUGH THE MOST? AT HOME? AT WORK? ALONE OR WITH COMPANY? WITH THE SAME SEX OR THE OPPOSITE SEX?
  - 2-WHAT TICKLES YOUR FUNNY BONE THE MOST? T.V. SITCOMS? MOVIES? BOOKS? CARTOONS? FUNNY EMAILS? COMEDY CLUBS?
  - 3-CAN YOU LAUGH AT YOURSELF?
  - 4-DO YOU HAVE A “LAUGHTER BUDDY?”
  - 5-CAN YOU FAKE IT UNTIL YOU MAKE IT?
  - 6-CAN YOU MAKE WORK FEEL LIKE PLAY?
  - 7-ONCE YOU KNOW WHEN AND WHERE YOU LAUGH THE MOST, YOU CAN CONSCIOUSLY SEEK OUT MORE LAUGHTER TIME TO BALANCE THE TOUGHER TIMES.
- 
- REMEMBER AS DON ARDELL SAID:”THE HEAVIEST MOMENTS REQUIRE THE LIGHTEST TOUCH.”

# ADDING VITAMIN “H” TO YOUR LIFE

- 1- SMILE MORE OFTEN.
- 2- FAKE IT UNTIL YOU MAKE IT.
- 3- PLAY WITH A BABY.
- 4- PLAY WITH A KITTEN OR PUPPY.
- 5- SMILE WHEN YOU ANSWER THE PHONE.
- 6- GO “OUT OF CHARACTER”.
- 7- CHANGE HABITS-EAT WITH OPPOSITE HAND.
- 8- TELL SOMEONE WHAT YOU LAUGHED ABOUT.
- 9- LOOK INTO MIRROR –”HOW SERIOUS IS THIS?”
- 10- DECIDE TO DELAY SUFFERING UNTIL TOMORROW.
- 11- SEEK OUT AND SPEND TIME WITH “LAUGHERS”.
- 12- DRAW OR VISUALIZE THAT ONE PERSON WHO IS DRIVING YOU NUTS AS A CLOWN.
- 13- DANCE NAKED IN FRONT OF YOUR PETS.

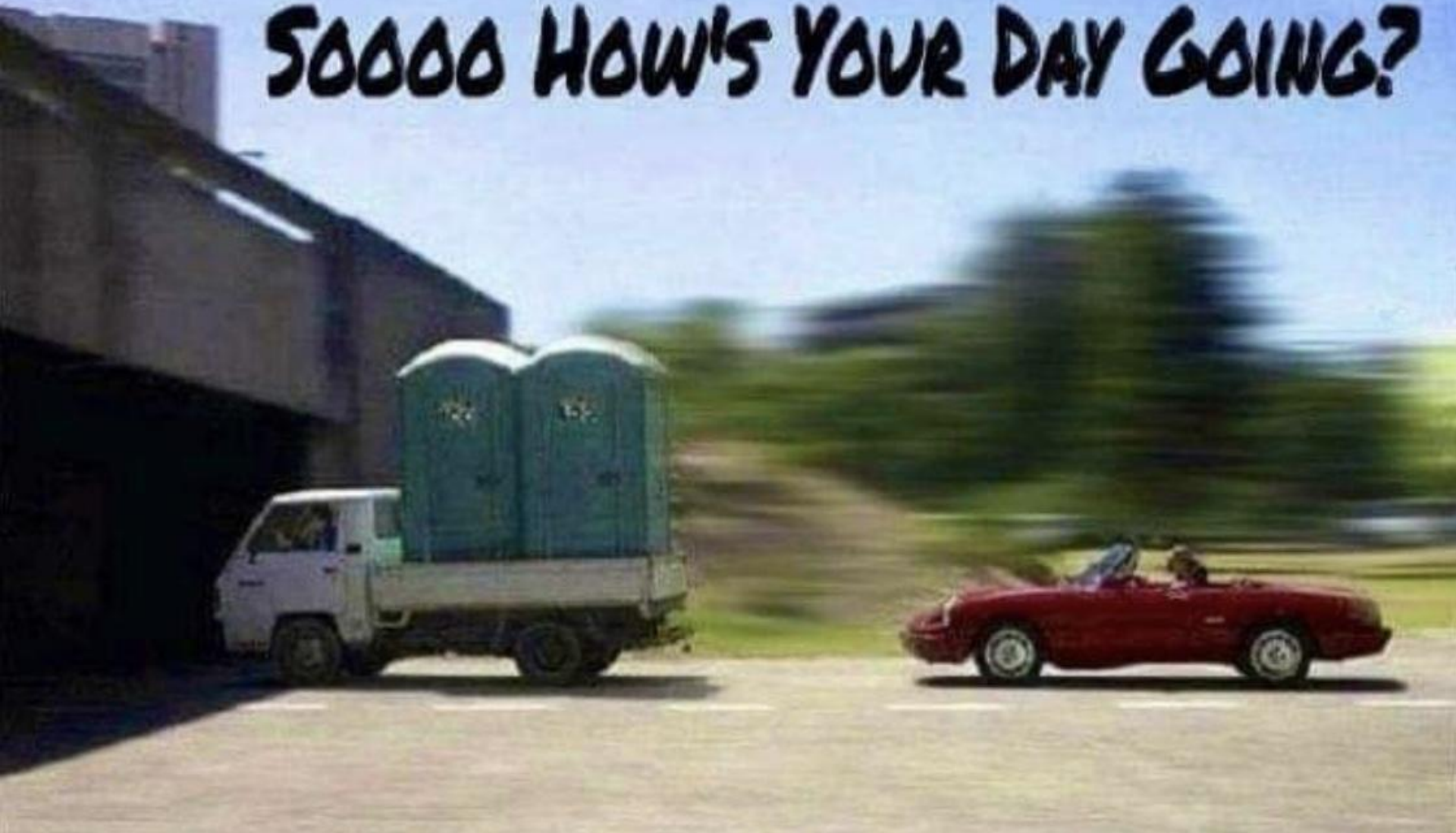
# MORE VITAMIN “H”

- 14- WASTE SOME TIME- TYPE “A” BEHAVIOURS DON’T KNOW HOW TO DO NOTHING.
- 15- IT’S OK TO BE SILLY. SOMETIMES NONSENSE MAKES THE MOST SENSE.
- 16- LOOK OUT FOR # 1 AND DON’T STEP IN #2.
- 17- TELL A CHILD NOT TO LAUGH.
- 18- POP POPCORN WITH THE LID OFF.
- 19- TAKE YOUR JOB SERIOUSLY AND YOURSELF LIGHTLY.
- 20- BE WILLING TO LAUGH AT YOURSELF.
- 21- ENCOURAGE A SENSE OF HUMOUR IN CHILDREN.
- 22- PRACTICE THE ART OF “INVERSE PARANOIA”.
- 23- REMEMBER THAT: “ LIGHTNESS ENLIGHTENS”
- 24- APPRECIATE SOMEONE-DO SOME POSITIVE STROKING
- 25- THE WORLD IS GOOD-NATURED TO THOSE WHO ARE GOOD NATURED.

# ADVICE FROM CHARLIE BROWN

- WORRYING WON'T STOP
- THE BAD FROM HAPPENING.
- IT JUST STOPS YOU
- FROM ENJOYING THE GOOD.

**SOOOO HOW'S YOUR DAY GOING?**



# Best. Septic Truck. Ever!



**AND NOW FOR THE  
6:00 NEWS...**



Pee on the electric fence  
they said...  
It will be fun they said...



# WILL ROGERS

## ▣ THREE TYPES OF MEN:

- ▣ 1- LEARN BY READING.
- ▣ 2- LEARN BY OBSERVATION.
- ▣ 3- REST PEE ON THE ELECTRIC FENCE TO FIND OUT THEMSELVES.

THE INVENTOR OF  
AUTOCORRECT DIED  
THE FUNNEL WILL  
BE HELD TOMATO



CANADIAN PUB.  
**McMULLAN'S**  
& PIZZERIA

**FREE BEER DURING  
LEAFS PLAYOFF  
GAMES**

West  
ISLAND  
LAWYERS  
GIFT  
STORE

BETTER HARBOR

WILSON DENTAL CLINIC

The manager at the local IKEA is retiring,  
so I sent him a cake.



**I JUST SOLD MY  
HOMING PIGEON  
ON EBAY FOR  
THE 22<sup>ND</sup> TIME.**



This is why Germans  
don't play Scrabble.



□ WHOSE CRUEL IDEA WAS IT

□ TO PUT AN “S”

□ IN THE WORD “LISP”.

# BRAILLE SIGN IN LONDON MUSEUM

PLEASE

DO NOT


TOUCH

THIS EXHIBIT



SIGN ON A TENNESSEE HIGHWAY

WHEN THIS  
SIGN IS UNDER  
WATER, THIS  
ROAD IS  
IMPASSABLE



SIGN IN A LONDON OFFICE BUILDING

TOILET OUT OF  
ORDER  
PLEASE USE  
FLOOR BELOW



# SIGN ON A PACKET OF CONDOMS

WARNING:

DO NOT DRIVE

WHILST USING

THIS PRODUCT



**IF YOU HAVE NOT LAUGHED  
RECENTLY, YOU ARE  
PROBABLY NOT REGULAR  
EITHER.**



# SEEN ON THE BACK OF A MENNONITE HORSE AND BUGGY

- EFFICIENT TRANSPORTATION:
- RUNS ON GRASS AND OATS.
- CAUTION:
- DON'T STEP IN THE EXHAUST.

**AND NOW...**



**I HAVE SEEN IT ALL.**

**□ IF THE WORLD WAS TRULY  
LOGICAL- MEN WOULD  
RIDE SIDESADDLE.**

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water, positioned in the lower right quadrant of the slide.

# HOW TO BRING MORE JOY AND HAPPINESS INTO YOUR LIVES.

- SEVERAL STUDIES HAVE SHOWN THAT YOU DO HAVE CONTROL OF ABOUT 40% OF YOUR HAPPINESS LEVEL.

THIS MEANS THAT THERE IS ROOM TO IMPROVE THIS LEVEL OF CONTROL BY USING VARIOUS TECHNIQUES.



**NO-ONE IS IN CHARGE  
OF YOUR HAPPINESS**

**BUT YOU.**

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are positioned in the lower right and bottom center of the frame, adding a subtle, organic texture to the solid blue background.

# VIKTOR FRANKL

- **EVERYTHING CAN BE TAKEN FROM A MAN**
  - **BUT ONE THING: THE LAST OF THE**
  - **HUMAN FREEDOMS-TO CHOOSE ONE'S**
  - **OWN ATTITUDE IN ANY GIVEN SET OF**
- **CIRCUMSTANCES, TO CHOOSE ONE'S OWN WAY**

# ANNE FRANK

□ THE BEST REMEDY FOR THOSE WHO ARE AFRAID, LONELY OR UNHAPPY IS TO GO OUTSIDE, SOMEWHERE THEY CAN BE QUITE ALONE WITH THE HEAVENS AMIDST THE SIMPLE BEAUTY OF NATURE.

□ “THE DIARY OF A YOUNG GIRL”.



# FOREST BATHING

□ ORIGINATED IN JAPAN WHERE IT IS CALLED:

□ “SHRINRIN – YOKU”

□ THIS INVOLVES GOING INTO THE FOREST AND

USING ALL FIVE OF YOUR SENSES TO IMMERSE

YOURSELF IN THE WILDERNESS.



# PHYTONCIDES

- ARE VOLATILE ORGANIC COMPOUNDS RELEASED BY PLANTS AND TREES.
- THEY HAVE ANTIMICROBIAL AND ANTIFUNGAL PROPERTIES.
- WHEN BREATHED IN BY HUMANS THEY STIMULATE NATURAL KILLER CELLS.
- CONIFEROUS TREES ARE STRONGEST EMITTERS.



**SOMEONE CAUGHT  
THIS TREE SNEAKING  
OUT OF THE LAKE...**



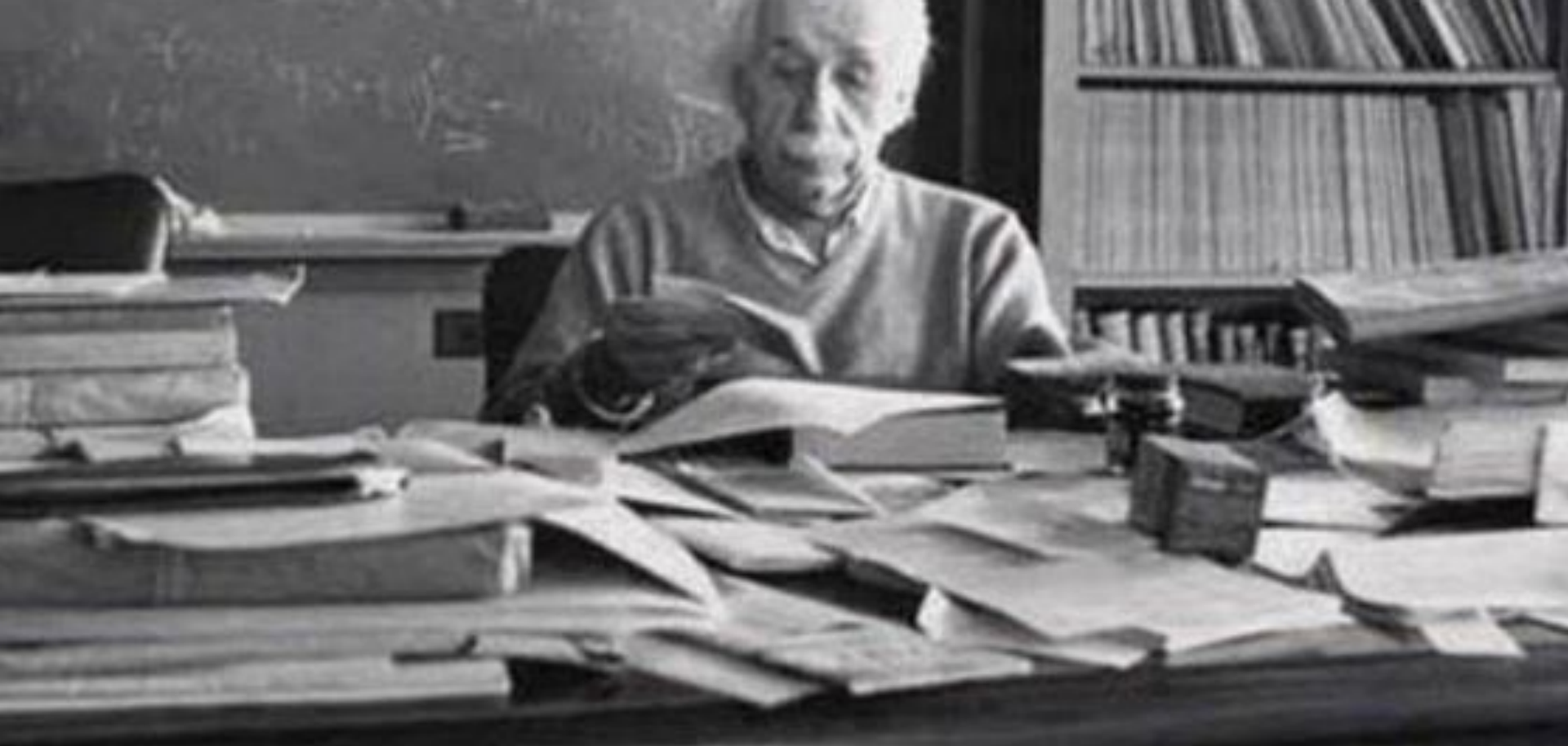
# WILLIAM COMMANDA ALGONQUIN ELDER

- ONLY AFTER THE LAST TREE HAS BEEN CUT DOWN.
- ONLY AFTER THE LAST RIVER HAS BEEN POISONED.
- ONLY AFTER THE LAST FISH HAS BEEN CAUGHT.
- ONLY THEN WILL YOU FIND THAT MONEY CANNOT BE EATEN.

NOT EVERYTHING THAT CAN  
BE COUNTED COUNTS, AND  
NOT EVERYTHING THAT  
COUNTS CAN BE COUNTED.

ALBERT EINSTEIN

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples on water. These circles are positioned in the lower half of the image, with one set on the left, one in the center, and one on the right.

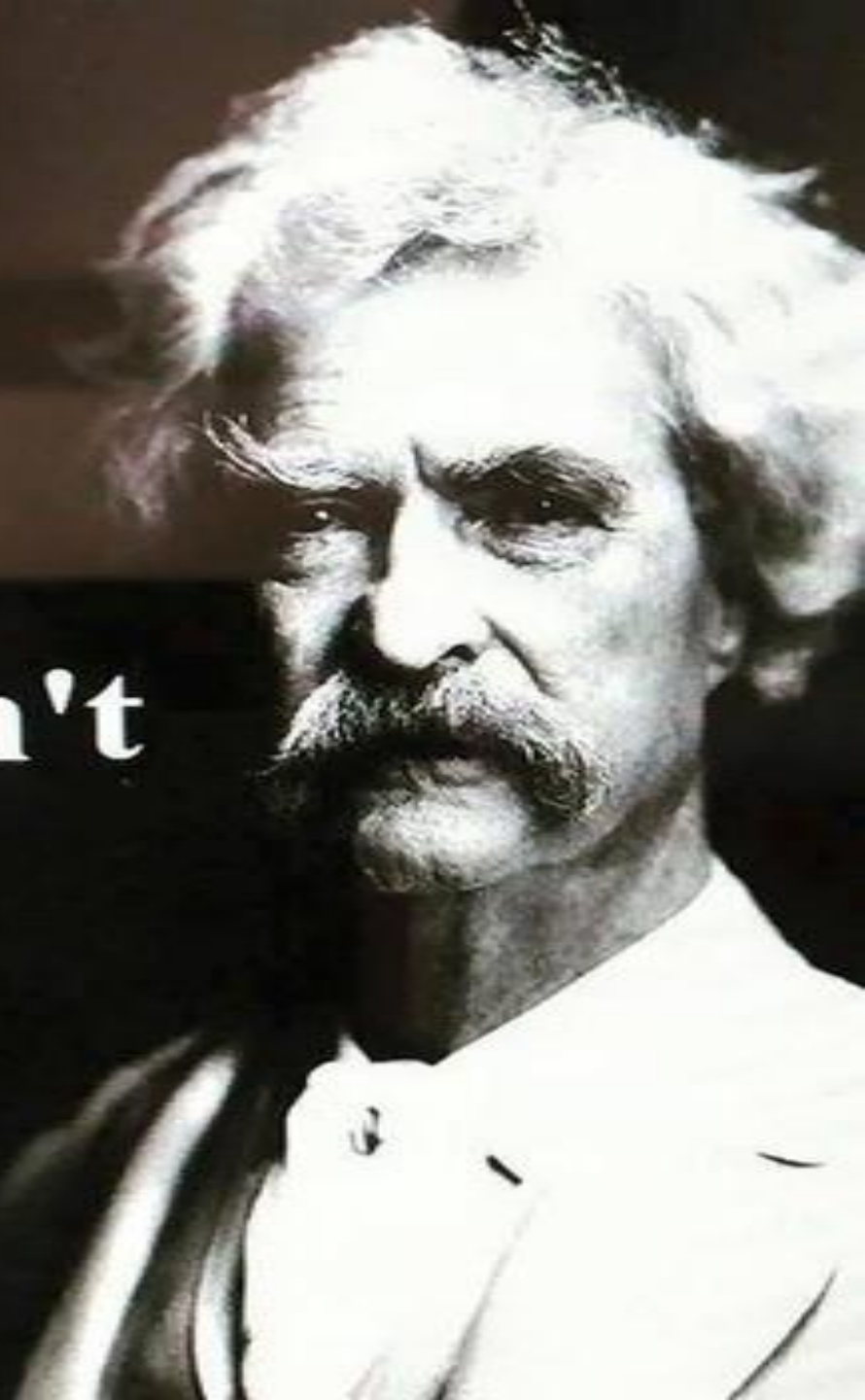


“If a cluttered desk is a sign of a cluttered mind, of what, then, is an empty desk a sign?”

— Albert Einstein

**If voting  
made any  
difference  
they wouldn't  
let us do it.**

**- Mark Twain**



# WHAT ARE SOME OF THESE TECHNIQUES?

- ASK YOURSELF SOME OF THESE QUESTIONS.
- 1- DO YOU **KNOW YOURSELF** AND DO YOU **LIKE YOURSELF**?
- 2- DO YOU **SOCIALIZE** WITH FRIENDS AT LEAST **6 HOURS A WEEK**?
- THOSE WHO DO ARE 12 TIMES MORE LIKELY TO FEEL JOY.
- 3- ARE YOU **GRATEFUL** FOR EACH DAY?
- THIS IS THE SIMPLE ABUNDANCE IDEA WHERE YOU LOOK FOR THE GOOD AND RE-PROGRAM FOR THE POSITIVE.
- 4- DO YOU HAVE **SEX** AT LEAST ONCE A WEEK?
- THOSE WHO DO ARE 44% HAPPIER.

- 5- TACKLE AND LEARN **NEW SKILLS** TO KEEP THE MIND ACTIVE.
- 6- **AVOID** TOO MUCH **IMPUSIVITY** AS IT OFTEN CREATES ANXIETY AND UNHAPPINESS WHEREAS GIVING TO CHARITY OR BUYING FOR OTHERS CREATES HAPPINESS.
- 7- **MAKE YOUR BED** EVERY MORNING!
- BEING ORGANIZED IMPACTS YOUR MENTAL STATE POSITIVELY.
- 8- **DON'T HOLD GRUDGES.**
- FORGIVENESS IS KEY TO HAPPINESS

- 9- SHOULD BE HAPPY WITH **ENOUGH MONEY FOR BASIC NEEDS.**
- ADDITIONAL MONEY DOES NOT IMPACT HAPPINESS.
  
- 10- SPEND AT LEAST **20 MINUTES A DAY OUTSIDE.**
- THIS INCREASES YOUR SEROTONIN LEVEL WHICH IS YOUR FEEL GOOD NEUROTRANSMITTER.
  
- 11- ACTIVATE YOUR **SENSE OF SMELL.**
- **VANILLA** IS THE TOP SCENT FOR HAPPINESS AS IT IS A REMINDER OF CHILHOOD.
- **PINE** SCENT REMINDS US OF HOLIDAYS AND CAMPING
- **GRAPEFRUIT** AND CITRUS HAS A CALMING EFFECT.

# HAPPINESS CHEMICALS & HOW TO GET THEM

@TheFitnessTutorUK



## DOPAMINE

THE REWARD CHEMICAL

- EATING FOOD
- ACHIEVING A GOAL
- GETTING ENOUGH SLEEP
- HAVING A BATH



## OXYTOCIN

THE LOVE HORMONE

- SOCIALISING
- PHYSICAL TOUCH
- PETTING ANIMALS
- HELPING OTHERS



## ENDORPHIN

THE PAIN KILLER

- EXERCISING
- LAUGHING
- LISTENING TO MUSIC



## SEROTONIN

THE MOOD STABILISERS

- SUN EXPOSURE
- MINDFULNESS
- NATURE WALKS

# Happiness Chemicals and how to hack them



## **DOPAMINE** THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



## **OXYTOCIN** THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



## **SEROTONIN** THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



## **ENDORPHIN** THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



# PRESCRIPTION GUFFAWS

**Rx      MYCOSTATIN VAGINAL  
         SUPPOSITORIES**

**MITTE - 24**

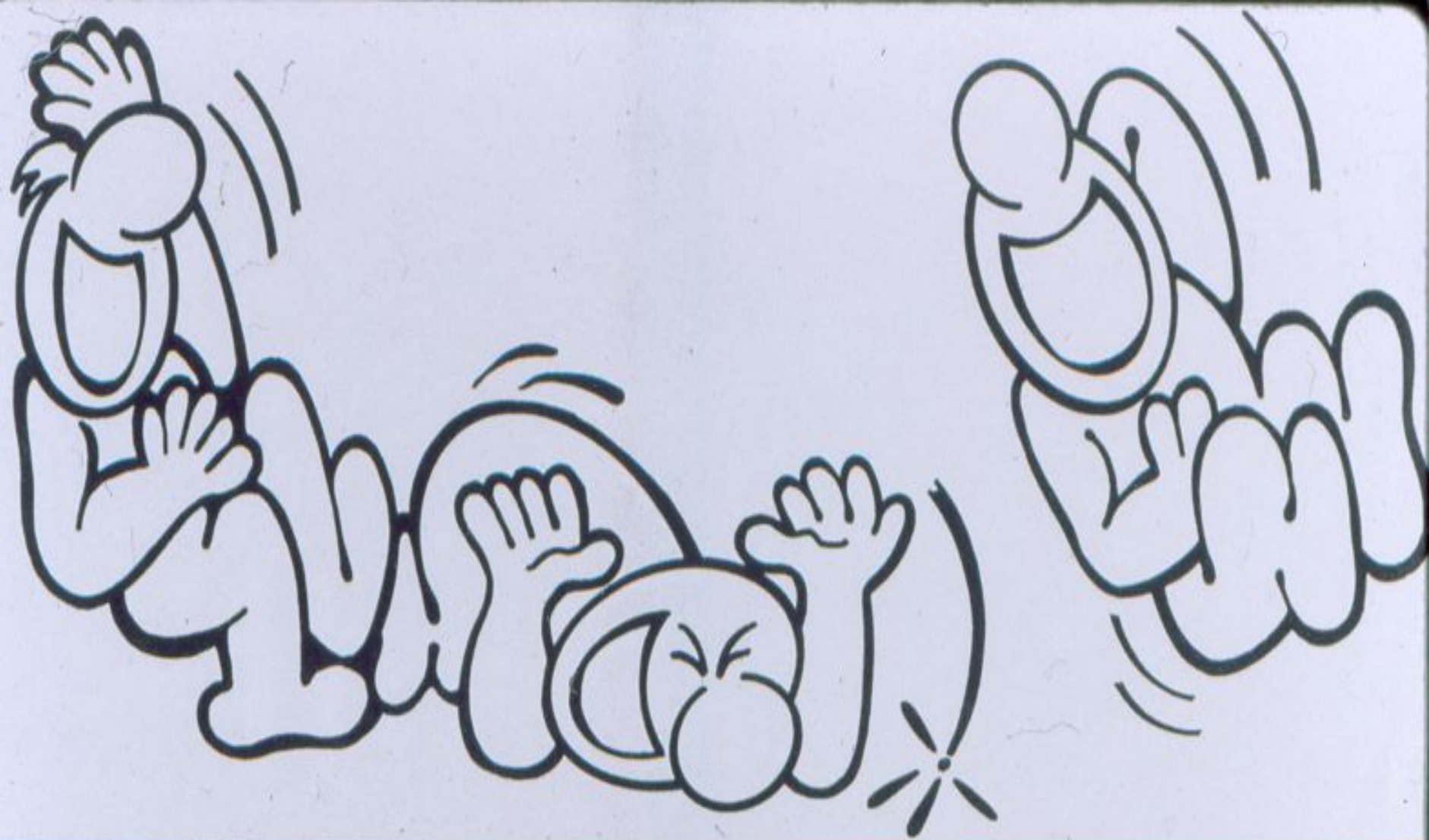
**SIG - INSERT NIGHTLY UNTIL  
         EXHAUSTED**

**FAMILY PLANNING ADVICE**

**Use Rear Entrance**



**□ THE MAGICAL MAGNIFICENCE OF MIRTHFUL LAUGHTER IS THAT IT IS BOTH THE MEDICINE AND THE SIGN THAT THE PATIENT IS GETTING BETTER.**



**You want it WHEN?!**

# FROM STEVE JOBS- THE 6 BEST DOCTORS

- 1- SUNLIGHT
  - 2-REST
  - 3-EXERCISE
  - 4-DIET
  - 5-SELF-CONFIDENCE
  - 6-FRIENDS
- 

# FROM STEVE JOBS LAST ESSAY

- 1-Whether you have a \$300 or a \$30 watch, they both tell the same time.
- 2-Whether you fly first class or economy, if the plane goes down everyone goes with it.
- 3-Educate your kids to be happy and to know the value and not necessarily the price of things.
- 4-Eat your food as medicine otherwise you have to eat your medicine as food.
- 5- There is a difference between being a human being and being human.

- LIFE IS TEN PERCENT WHAT
  - HAPPENS TO YOU
  - AND NINETY PERCENT
  - HOW YOU RESPOND TO IT.

□ LOU HOLTZ

□



□ IT'S ATTITUDE NOT

□ APTITUDE THAT

□ GIVES ONE

□ ALTITUDE.

□ UNKNOWN.

# DR. MARTIN WHITE

- RECEIVED THE COLLEGE OF PHYSICIANS AND SURGEONS 2016 COUNCIL AWARD FOR SERVICE TO HIS COMMUNITY.
- HE IS A GENERAL PRACTITIONER IN CARLETON PLACE NEAR OTTAWA.
- HIS ADVICE IS “BE COMPASSIONATE AND LAUGH”.


□ COMPASSION IS  
LANGUAGE THE DEAF CAN  
HEAR AND THE BLIND CAN  
SEE.

□ MARK TWAIN.

**□ WE HAVE TWO EARS AND  
ONE MOUTH SO THAT  
WE CAN LISTEN TWICE  
AS MUCH AS WE  
SPEAK.**

**EPICTETUS**

□ WHEN YOU LISTEN TO SOMEONE, IT  
□ IS THE MOST PROFOUND ACT OF  
□ HUMAN RESPECT.  
□ WILLIAM URY.

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water, positioned in the lower right and bottom center areas of the slide.

# TYPES OF DOCTORS

- 1- PATERNALISTIC- JUST DO WHAT I SAY.
- 2- INFORMATIVE- JUST EXPLAINS DETAILS.
- 3- INTERACTIVE- INVITES PATIENT TO BE INVOLVED.

# WILLIAM OSLER

□ THE GOOD PHYSICIAN TREATS THE

□ DISEASE THE PATIENT HAS-

□ THE GREAT PHYSICIAN TREATS THE

□ PATIENT WHO HAS THE DISEASE.

# CASPer

- This is a new test (last five years) given to medical student applicants to assess their interpersonal skills at McMaster University Medical School. It assesses civility, compassion and empathy.
- CASPer ( Computer-based Assessment for Sampling Personal Characteristics) It has taken years to realize that knowledge alone does not necessarily make a good doctor. The test takes 90 minutes and is a situational judgement assessment.
- It is now being used at The Northern Ontario School of Medicine, several nursing schools and in the US.
- The test can be done on line and allows all applicants a chance to be assessed other than just academically.

# ONTARIO MEDICAL STATS

- 31,500 DOCTORS IN ONTARIO
- 16,840 SPECIALISTS AND 14,660 GENERAL PRACTITIONERS
- THERE ARE 37 AREAS OF SPECIALTY PRACTICE
- 2900 FIRST YEAR MEDICAL STUDENTS IN ONTARIO
- ON AVERAGE IT TAKES 8 TO 12 YEARS TO COMPLETE THEIR MEDICAL TRAINING AND CME IS MANDATORY LIFETIME
- THE AVERAGE HOURS OF WORK IS 50 HOURS PER WEEK EXCLUDING ON CALL
- EACH DAY 400,000 + PATIENTS ARE SEEN AND TREATED DAILY IN ONTARIO

# HEALTH-CARE EXPANSION

- NURSE PRACTITIONERS
  - PARAMEDICS
- OCCUPATIONAL THERAPISTS
  - PHYSIOTHERAPISTS
  - CHIROPRACTERS
  - KINESIOLOGISTS
  - PODIATRISTS

- CHIROPODISTS
- PHARAMACISTS
- MASSAGE THERAPISTS
- PSYCHOTHERAPISTS
- SPORTS PSYCHOLOGISTS
- COUNSELLORS

# SUCCESSFUL DOCTOR

- SHOULD HAVE THE THREE “A’S”:
  - 1- AMIABILITY
  - 2- AVAILABILITY
  - 3-ABILITY
- WHEN PATIENTS WERE ASKED HOW THEY RATE THEIR DOCTOR THIS IS THE ORDER OF CHARACTERISTICS THAT THEY USED TO PICK THEIR DOCTOR.

**Sometimes you have to admit**



**that it's time to retire**

And, because it's October,  
you have the choice of a regular  
colonoscopy or pumpkin spice!

DOBN  
PIRRO  
2017



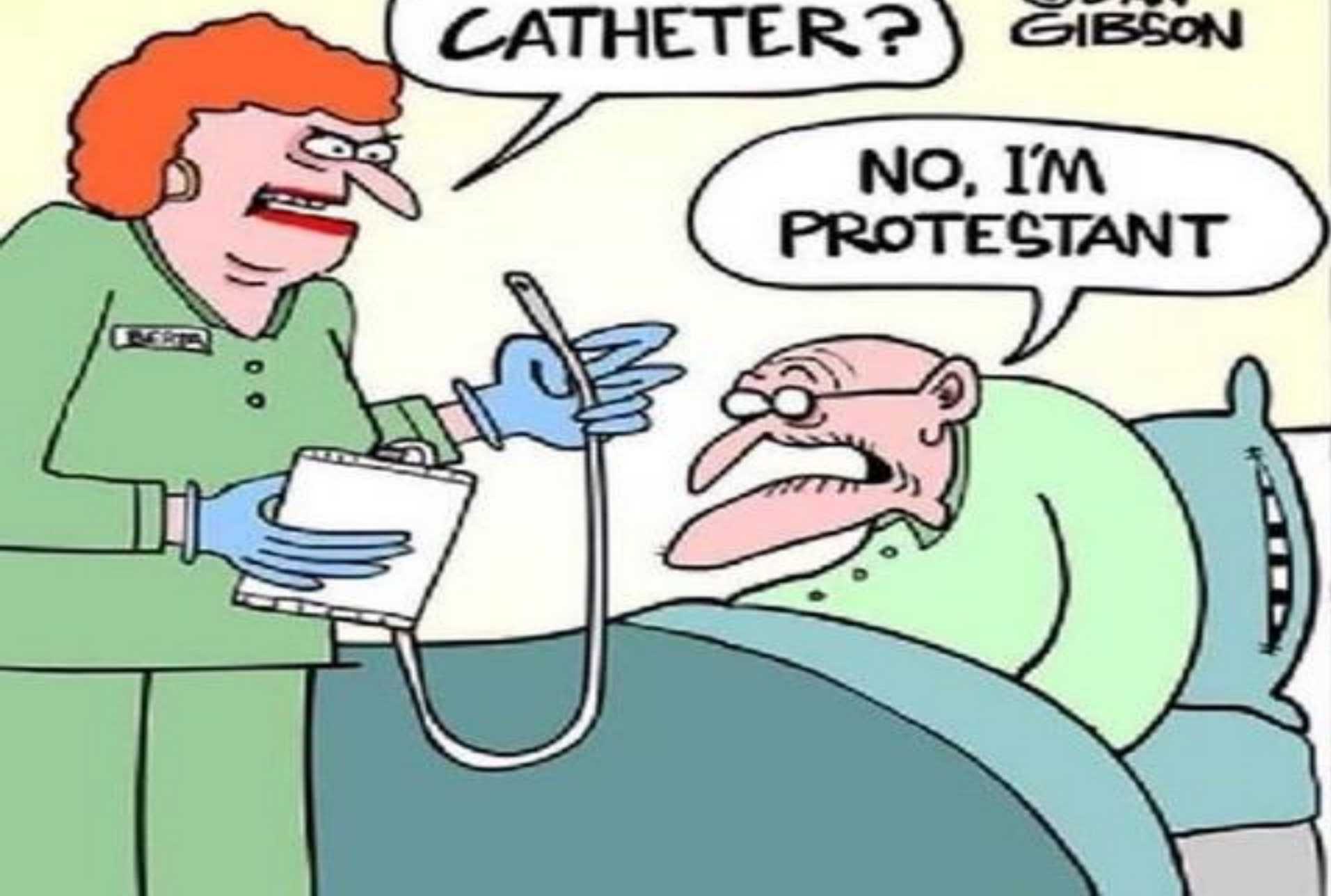
A WISE  
DOCTOR  
ONCE  
WROTE


*There have been  
no more.*

©DAN  
GIBSON

CATHETER?

NO, I'M  
PROTESTANT





CONGRATULATIONS!  
YOU'RE PREGNANT!

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OH, SORRY!  
WRONG  
ROOM!

DILL  
WHITEHEAD

**495 PARK ST.**

**DR. J.E. WITTIG  
DR. J.R. SEHL**

**OBSTETRICS & GYNAECOLOGY**

**ENTRANCE AT REAR**

# ON PLASTIC SURGEON'S DOOR

▣ LET US PICK YOUR NOSE.

# HUMOUR PRESCRIPTION

1-HA! - HUMOUR ATTITUDE

2-HA! - HUMOUR APTITUDE

3-HA! - HUMOUR ACTIVITIES

# HUMOUR ACTIVITIES

- PRACTICAL ACTIVITIES TO INCREASE YOUR AWARENESS OF HUMOUR
- FAKE IT UNTIL YOU MAKE IT
- SMILE MORE OFTEN
- LAUGHTER EXERCISES
- LOOK FOR THE INCONGRUITIES IN LIFE
- KEEP SMILING- IT CONFIRMS YOUR FRIENDS AND CONFOUNDS YOUR ENEMIES
- LIVE HAPPILY OVER LAUGHTER!
- A SMILE IS A FACE LIFT THAT IS IN EVERYONE'S PRICE RANGE-TOM WILSON

# HUMOUR ATTITUDE

- -BY FAR THE MOST IMPORTANT FACTOR
- -CAN'T ALWAYS LAUGH BUT BE WILLING TO LAUGH
- -SECRET IS TO TAKE YOUR JOB SERIOUSLY AND YOURSELF LIGHTLY
- -THINGS THAT ARE FUNNY TEND TO BE FUN BUT NOT ALL FUN HAS TO BE FUNNY
- AS ANNE SCHAEF SAID" LAUGHTER IS NOT FOR EVERYONE-IT IS ONLY FOR THOSE WHO WANT TO HAVE FUN, ENJOY LIFE AND FEEL TRULY ALIVE."

# HUMOUR APTITUDE

- COLLECT CUES TO IMPROVE YOUR HUMOUR ATTITUDE
- COULD INCLUDE FAVOURITE CARTOONS, COMEDIC CALENDARS
- COLLECT PROPS LIKE RED NOSES, FUNNY HATS, FUNNY TIES
- WEAR CRAZY UNDERWEAR
- THESE ARE REALLY JUST TO REMIND YOU TO LIGHTEN UP

# MAYA ANGELOU

- I'VE LEARNED THAT PEOPLE WILL
  - FORGET WHAT YOU SAID,
  - PEOPLE WILL FORGET WHAT
    - YOU DID,
- BUT PEOPLE WILL NEVER FORGET
  - HOW YOU MADE THEM
    - FEEL.

□ IT'S NICE TO BE  
□ IMPORTANT  
□ BUT IT'S MORE  
□ IMPORTANT TO BE  
□ NICE.

The background features several faint, concentric circles in a lighter shade of blue, resembling ripples in water, positioned in the lower right quadrant of the slide.

**NEVER LOOK DOWN  
ON ANYONE  
UNLESS YOU ARE  
HELPING THEM UP.**



FROM THE MONK WHO SOLD HIS  
FERRARI:

**“THERE IS NOTHING NOBLE  
ABOUT BEING SUPERIOR  
TO ANOTHER HUMAN  
BEING.**

**TRUE NOBILITY LIES IN  
BEING SUPERIOR TO YOUR  
FORMER SELF.”  
YOGI RAMAN.**


**MOST SMILES ARE STARTED  
BY ANOTHER SMILE.**

**FRANK A. CLARK.**

The background of the slide is a solid blue color. In the lower right quadrant, there are several sets of concentric circles, resembling ripples in water, rendered in a lighter shade of blue. These circles are centered around the text 'FRANK A. CLARK.' and extend towards the bottom right corner of the slide.

**STUART MCLEAN:  
FROM "THE VINYL CAFÉ NOTEBOOK".**

**POSSESSIONS ARE MORE APT TO SADDLE ME  
WITH THEIR COLLATERAL  
RESPONSIBILITIES  
THAN ANOINT ME  
WITH A SENSE OF WEALTH.**




- WE LOSE OUR HEALTH
  - TO MAKE MONEY,
  - AND THEN LOSE
    - OUR MONEY TO
- GAIN BACK OUR HEALTH.

DON'T  
"EVER"  
GIVE UP



# ABRAHAM HICKS

□ THE GREATEST GIFT YOU  
CAN GIVE ANOTHER PERSON  
IS YOUR HAPPINESS.

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are positioned in the lower half of the page, with one set on the left, one in the center, and one on the right.

- I LOVE PEOPLE WHO MAKE ME LAUGH.
  - I HONESTLY THINK IT'S THE THING I
    - I LIKE MOST, TO LAUGH.
- IT'S PROBABLY THE MOST IMPORTANT
  - THING IN A PERSON.

□ AUDREY HEPBURN

# MAHATMA GANDI

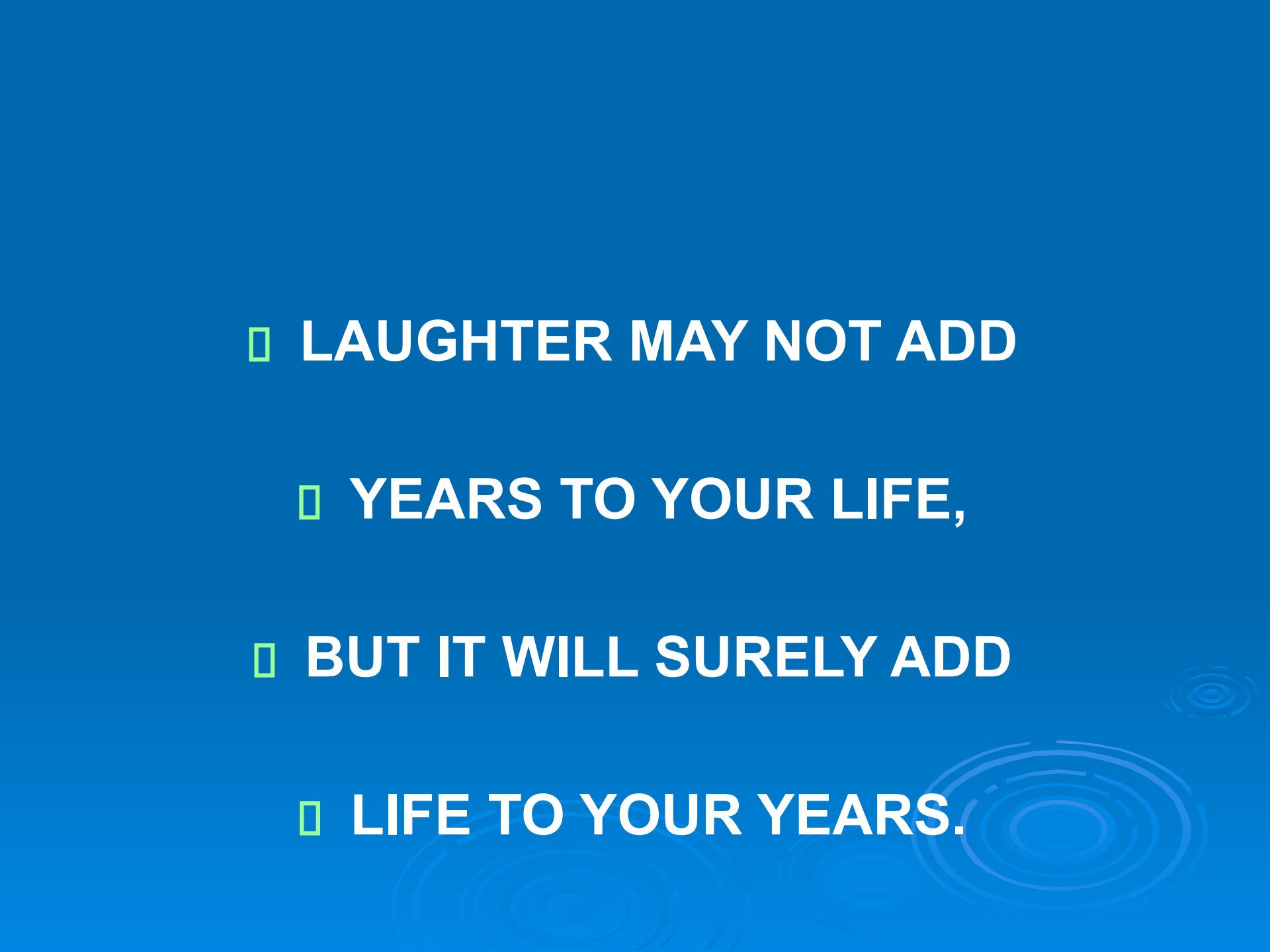
- LIVE LIKE YOU WILL DIE TOMORROW,
- LEARN LIKE YOU WILL LIVE FOREVER.

- THE HAPPIEST PEOPLE DON'T
- NECESSARILY HAVE THE BEST
- OF EVERYTHING; THEY JUST
- MAKE THE BEST OF EVERYTHING
- THEY HAVE.

- WE CAN'T DO MUCH ABOUT THE LENGTH OF OUR LIVES,
- BUT WE CAN DO PLENTY ABOUT
  - ITS WIDTH AND DEPTH.

□

EVAN ESAR.

- LAUGHTER MAY NOT ADD
  - YEARS TO YOUR LIFE,
  - BUT IT WILL SURELY ADD
  - LIFE TO YOUR YEARS.
- 

- TO MAKE MISTAKES IS HUMAN,
- TO STUMBLE IS COMMONPLACE
- TO BE ABLE TO LAUGH AT
- YOURSELF IS MATURITY.
- 
- WILLIAM ARTHUR WARD.

**"Instead of working for the survival of the fittest, we should be working for the survival of the wittiest, then we can all die laughing".**

**Lilly Tomlin**

# GEORGE ORWELL

- THE FURTHER A SOCIETY DRIFTS
  - FROM THE TRUTH,
- THE MORE IT WILL HATE
  - THOSE WHO SPEAK IT.

# THE LAUGHING OATH

"I do solemnly swear from this day forward to grease my giggling gears each day and to wear a grin on my face for no reason at all!

I promise to tap my funny bone often and to laugh at least 15 times per day. I believe that frequent belly laughter cures terminal seriousness, cerebral stiffness, and hardening of the attitudes and that HAHA often leads to AHA! Therefore, I vow, from this day forth, to brighten the day of everyone I meet and to laugh long and prosper!"

# HUMOR BOOKS AVAILABLE

## 1.-BASIC INFORMATION BOOKS

- 1.-THE HEALING POWER OF HUMOR BY ALLEN KLEIN
- 2.-THE FUN FACTOR BY CLIFFORD KUHN
- 3.-A LAUGHING PLACE BY CHRISTIAN HAGESETH III, MD.
- 4.-KIDS WHO LAUGH BY LOUIS FRANZINI
- 5.-LAUGHTER THERAPY BY ANNETTE GOODHEART,PHD.

## 2.-MEDICAL HUMOR

- 1.-THE BEST OF MEDICAL HUMOR BY HOWARD BENNETT, MD.
- 2.-THE OFFICIAL DOCTORS JOKE BOOK BY LARRY WILDE
- 3.-THERE YOU ARE, DOCTOR! BY ROBERT CLIFFORD,MD.

### **3.-MIND-BODY CONNECTION BOOKS**

- 1.-ANATOMY OF AN ILLNESS BY NORMAN COUSINS**
- 2.-HEAD FIRST-BIOLOGY OF HOPE BY NORMAN COUSINS**
- 3.-LOVE, MEDICINE AND MIRACLES BY BERNIE SIEGEL**
- 4.-PRESCRIPTIONS FOR LIVING BY BERNIE SIEGEL**

### **4.-ACADEMIC BOOKS ON HUMOUR**

- 1.-THE PSYCHOLOGY OF HUMOR BY ROD MARTIN**
- 2.-EXUBERANCE BY KAY JAMISON**
- 3.-WHY IS GOD LAUGHING? BY DEEPAK CHOPRA**

### **5.-PURE FUN BOOKS-BY ROBERT FULGHUM**

- 1.-ALL I RELY NEED TO KNOW I LEARNED IN KINDERGARTEN**
- 2.-MAYBE-MAYBE NOT**
- 3.-UH-OH**
- 4.-IT WAS ON FIRE WHEN I LAY DOWN ON IT**

# **6.-CARTOON AND HUMOR BOOKS FOR THE OFFICE WAITING ROOM**

- 1.-HERMAN SERIES BY JIM UNGER(8)**
- 2.-THE FAR SIDE SERIES BY GARY LARSON**
- 3.-LIFE LAUGHS LAST AND LIFE SMILES BACK BY PHILIP KUNHART, JR.**

# **7.-INSPIRATIONAL HUMOR**

- 1.-LAFFIRMATIONS BY JOEL GOODMAN**
- 2.-CHICKEN SOUP FOR THE SOUL SERIES BY JACK CANFIELD**
- 3.-THEY USED TO CALL ME SNOW WHITE-BUT I DRIFTED BY REGINA BARRECA**

# A RICH FUTURE

▣ ESSENTIAL FINANCIAL

▣ CONCEPTS FOR YOUTH

▣ BY NOAH BOOTH

The background features several faint, concentric circles in a lighter shade of blue, scattered across the lower half of the slide, creating a subtle ripple effect.

FROM THE MONK WHO SOLD HIS  
FERRARI:

**“THERE IS NOTHING NOBLE  
ABOUT BEING SUPERIOR  
TO ANOTHER HUMAN  
BEING.**

**TRUE NOBILITY LIES IN  
BEING SUPERIOR TO YOUR  
FORMER SELF.”  
YOGI RAMAN.**

# HEALING BENEFITS OF LAUGHTER

- 1- REDUCES STRESS
- 2- BOOSTS IMMUNITY
- 3- RELIEVES PAIN
- 4- DECREASES ANXIETY
- 5- STABILIZES MOOD
- 6- RESTS THE BRAIN
- 7- ENHANCES COMMUNICATION
- 8- INSPIRES CREATIVITY
- 9- MAINTAINS HOPE
- 10- BOLSTERS MORALE

IF YOU WISH TO GLIMPSE INSIDE A HUMAN SOUL AND TO GET TO KNOW A PERSON, DON'T BOTHER ANALYZING THEIR WAY OF BEING SILENT, OF TALKING, OF WEEPING, OF SEEING HOW MUCH THEY ARE MOVED BY NOBLE IDEAS – YOU WILL GET BETTER RESULTS IF YOU JUST WATCH THEM LAUGH. IF THEY LAUGH WELL, THEY ARE A GOOD PERSON.

FYODOR DOSTOYEVSKI

- THE FREEDOM OF ANY SOCIETY
- VARIES PROPORTIONALLY WITH
- THE VOLUME OF IT'S LAUGHTER.

□ ZERO MOSTEL


□ HUMOR IS ONE OF THE BEST

□ INGREDIENTS OF SURVIVAL

□ AUNG SAN SUUKYI

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are positioned in the lower right and bottom center of the slide, adding a dynamic visual element to the solid blue background.

## ADDING VITAMIN “H” TO YOUR DAY

- 1-FAKE IT UNTIL YOU MAKE IT.
  - 2-PLAY WITH YOUR PETS.
  - 3-NEWSPAPER-JUST READ THE COMICS.
  - 4-CONTACT YOUR LAUGHTER BUDDY.
  - 5-TAKE A TIME OUT FROM DEVICES.
- 

# MORE VITAMIN “H” STIMULANTS

- 6-UTILIZE A HUMOR FIRST AID KIT.
- 7-PLAY WITH A CHILD.
- 8-MORE COMEDY MOVIES.
- 9-DO SOME FOREST BATHING.
- 10-RED NOSE.

□ **FRAME EVERY “SO-CALLED”**

**DISASTER WITH THESE WORDS:**

□ **“IN FIVE YEARS WILL THIS MATTER?”**



# CHANGING BATTERIES

- IF A FRIEND MESSES UP OR IS DEPRESSED  
HELP THEM CHANGE THEIR BATTERIES:
- AA-ATTENTION & AFFECTION
- AAA-ATTENTION, AFFECTION, ACCEPTANCE
- C-COMPASSION
- D-DIRECTION
- IF THIS DOESN'T WORK-SIT QUIETLY &  
SHARE YOUR LIGHT.

# HUMOUR PROFILE

- ASSESS YOUR OWN HUMOUR PROFILE
- WHERE DO YOU LAUGH THE MOST?
- AT HOME? AT WORK? ALONE OR IN COMPANY?
- WHAT TICKLES YOUR FUNNY BONE THE MOST? T.V. SITCOMS? MOVIES? BOOKS? CARTOONS? FUNNY EMAILS?
- DO YOU HAVE A LAUGHTER BUDDY?
- CONSCIOUSLY SEEK OUT MORE LAUGHTER TIME BY SEEKING OUT THOSE SITUATIONS WHERE YOU LAUGH THE MOST

**THOSE WHO LAUGH,**

**LAST.**

The background features several faint, concentric circular ripples in a lighter shade of blue, resembling water droplets on a surface. These ripples are scattered across the lower half of the image, with a larger set in the bottom right and smaller ones to the left and further right.

# INTERESTED IN LEARNING MORE ABOUT LAUGHTER-PLAY & JOY?

1-FOR THE ACADEMICS-THE PSYCHOLOGY OF HUMOR BY ROD  
MARTIN

3- HUMOR ASSOCIATIONS-THE HUMOR PROJECT OUT OF  
SARATOGA, NY

ASSOCIATION FOR APPLIED & THERAPEUTIC HUMOR (AATH)

4-MISC. INFO ON HUMOR & KINDNESS-THE GOOD LIFE BY  
WALDINGER & SCHULZ

LAUGHTER FROM WOMB TO TOMB BY MYSELF

5-NETFLEX PROGRAMS-MISSION JOY-FINDING HAPPINESS IN  
TROUBLED TIMES

LIVE TO BE 100-SECRETS OF THE BLUE ZONE

# MORE INFO ON THE BENEFITS OF HUMOR

## □ BASIC INFORMATION BOOKS

- 1-THE HEALING POWER OF HUMOR BY ALLEN KLEIN
- 2-LAUGHTER THERAPY BY ANNETTE GOODHEART
- 3-KIDS WHO LAUGH BY LOUIS FRANZINI

## □ ACADEMIC BOOKS ON HUMOR

- 1-THE PSYCHOLOGY OF HUMOR BY ROD MARTIN
- 2-EXUBERANCE BY KAY JAMISON

## □ INSPIRATIONAL AND MOTIVATIONAL HUMOR

- 1-LAFFIRMATIONS BY JOEL GOODMAN
- 2-THEY USED TO CALL ME SNOW WHITE BUT I DRIFTED BY REGINA BARRECA

## □ HUMOR ASSOCIATIONS

- 1-THE HUMOR PROJECT-110 SPRINGS ST.NY,12866
- 2-(AATH)-ASSOCIATION FOR APPLIED & THERAPEUTIC HUMOR
- 3-WORLD LAUGHTER TOUR

## □ ON NETFLEX NOW

- 1-MISSION JOY: FINDING HAPPINESS IN TROUBLED TIMES WITH DESMOND TUTU & DALIA LAMA
- 2-LIVE TO BE 100-SECRETS OF THE BLUE ZONE

## MISC MATERIAL ON HUMOR & KINDNESS

- ▣ 1-THE POWER OF KINDNESS BY BRIAN GOLDMAN
- ▣ 2-THE BOOK OF AWESOME & THE HAPPINESS EQUATION BY NEIL PRASRICHA
- ▣ 3-THE GOOD LIFE BY ROBERT WALDINGER & MARK SCULZ
- ▣ 4-LAUGHTER FROM WOMB TO TOMB BY KEN SHONK
  
- ▣ FOR INFO ABOUT MY BOOK OR SPEAKING ENGAGEMENTS
  
- ▣ MY WEBSITE-[www.healthyhumor.ca](http://www.healthyhumor.ca)
  
- ▣ EMAIL:[drkenshonk@gmail.com](mailto:drkenshonk@gmail.com)

# HIGHLY RECOMMEND

## □ THE GOOD LIFE

□ ROBERT WALDINGER MD

□ MARC SCHULZ PhD

# ANTHONY D'ANGELO

- ▣ TREASURE YOUR  
RELATIONSHIPS,
- ▣ NOT YOUR POSSESSIONS

**□ THE POWER OF**

**□ KINDNESS**

**□ BY BRIAN GOLDMAN**

□ THE BOOK OF  
□ AWESOME

□ BY NEIL PASRICHA

# □ HOW TO KNOW A PERSON

□ BY DAVID BROOKS

A decorative graphic consisting of several sets of concentric circles in a lighter shade of blue, located in the bottom right quadrant of the page.

# ▣ THE ANXIOUS GENERATION

▣ BY JONATHAN HAIDT



# COMMUNICATION

- ONE PARTICULAR STUDY FOUND THAT:
  - 1-WORDS PROVIDED ONLY 7% OF MESSAGE
  - 2-THE TONE PROVIDED 38% OF MESSAGE
  - 3-BODY LANGUAGE PROVIDED 55% OF MESSAGE
- THIS SUGGESTS THAT TEXT & EMAILS MAY LOSE
  - UP TO 93% OF THE MESSAGE.

# MAYA ANGELOU

- I'VE LEARNED THAT PEOPLE WILL
  - FORGET WHAT YOU SAID,
- PEOPLE WILL FORGET WHAT YOU DID,
- BUT PEOPLE WILL NEVER FORGET
  - HOW YOU MADE THEM FEEL.

□ LIVE TO 100

□ SECRETS OF THE BLUE ZONES

□ PRESENTLY ON NETFLIX



# TIBETAN SAYING

- THE SECRET TO TO LIVING WELL IS:
- EAT HALF, WALK DOUBLE, LAUGH TRIPLE
- AND LOVE WITHOUT MEASURE.

# FINNISH SAYING

- ▣ **WHATEVER YOU LEAVE BEHIND,**
- ▣ **YOU WILL FIND IN FRONT OF YOU.**

□ MAKE PEACE WITH YOUR PAST

□ SO IT WON'T SCREW UP THE

□ PRESENT.

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water. These circles are positioned in the lower right and bottom center of the slide, adding a subtle decorative element to the solid blue background.

# FURTHER LAUGHTER & HUMOR CONTACTS

## □ 1-BASIC INFORMATION BOOKS

- 1-THE HEALING POWER OF HUMOR BY ALLEN KLEIN
- 2-THE FUN FACTOR BY CLIFFORD KUHN
- 3-THE LAUGHING PLACE BY CHRISTIAN HAGESSETH III
- 4-KIDS WHO LAUGH BY LOUIS FRANZINI
- 5-LAUGHTER THERAPY BY ANNETTE GOODHEART

## □ 2-MIND-BODY CONNECTION BOOKS

- 1-THE BIOLOGY OF HOPE BY NORMAN COUSINS
- 2-LOVE, MEDICINE & MIRACLES BY BERNIE SIEGAL
- 3-PURE FUN BOOKS BY ROBERT FULGRUM

- 1-MAYBE-MAYBE NOT & UH-OH
- 2-IT WAS ON FIRE WHEN I LAY DOWN ON IT

□ 4- ACADEMIC BOOKS ON HUMOR

□ 1-THE PSYCHOLOGY OF HUMOR BY ROD MARTIN

□ 2-WHY IS GOD LAUGHING? BY DEEPAK CHOPRA

□ 3-EXUBERANCE BY KAY JAMISON

□ 5-INSPIRATIONAL & MOTIVATIONAL HUMOR

□ 1-LAFFIRMATIONS BY JOEL GOODMAN

□ 2-CHICKEN SOUP FOR THE SOUL BY JACK CANFIELD (SERIES)

□ 3-THEY USED TO CALL ME SNOW WHITE BUT I DRIFTED BY REGINA BARRECA

□ **6-HUMOR CONFERENCES**

□ **1-THE HUMOR PROJECT OUT OF SARATOGA SPRINGS AT 110 SPRINGS ST. NY 12866**

□ **7-MISC. MATERIAL ON HUMOR & KINDNESS**

□ **1-THE POWER OF KINDNESS BY BRIAN GOODMAN**

□ **2-THE GOOD LIFE BY WALDINGER & SCHULZ**

□ **3-LAUGHTER FROM WOMB TO TOMB BY MYSELF**

□ **4-THE BOOK OF AWESOME BY NEIL PRASRICHA**

□ **5-LIVE TO 100-SECRETS OF THE BLUE ZONE-ON NETFLIX**

□ HE WHO LAUGHS LAST

□ DIDN'T GET IT.



# PATCH ADAMS

□ THE MOST RADICAL ACT

□ ANYONE CAN COMMIT

□ IS TO BE HAPPY.

The background features several faint, concentric circles in a lighter shade of blue, resembling ripples in water, positioned in the lower right and bottom center areas.





# IRISH PROVERB

- A GOOD LAUGH AND A LONG
- SLEEP ARE THE TWO BEST
- CURES FOR ANYTHING.

## W.H. ALLEN

- AMONG THOSE WHOM I LIKE OR ADMIRE,
- I CAN FIND NO COMMON DENOMINATOR
- BUT AMONG THOSE WHOM I LOVE,
  - I CAN:
  - ALL OF THEM MAKE ME LAUGH.

FOR FURTHER INFORMATION  
ABOUT SPEAKING ENGAGEMENTS

CONTACT ME AT:

WEBSITE-[WWW.HEALTHYHUMOR.CA](http://WWW.HEALTHYHUMOR.CA)

EMAIL-[drkenshonk@gmail.com](mailto:drkenshonk@gmail.com)

# OTHER HUMOUR CONTACTS

1.-ASSOCIATION FOR APPLIED AND THERAPEUTIC  
HUMOR(AATH)

CONTACT AT: [WWW.AATH.ORG](http://WWW.AATH.ORG)

2.-WORLD LAUGHTER TOUR

CONTACT AT: [INFO@WORLDLAUGHTERTOUR.COM](mailto:INFO@WORLDLAUGHTERTOUR.COM)

### **3.-THE HUMOR PROJECT**

**110 SPRINGS ST.**

**SARATOGA SPRINGS**

**N.Y. 12866**

**CONTACT AT:[WWW.HUMORPROJECT.COM](http://WWW.HUMORPROJECT.COM)**

# FOR A SUCCESSFUL LIFE YOU NEED:

□ 1- A WISHBONE

□ 2- BACKBONE

□ 3- A FUNNYBONE



# RALPH WALDO EMERSON

□ THE FIRST WEALTH

□ IS

□ HEALTH.



# FUTURE PROOFING YOUR LIFE

- 1-HAVE 3 CLOSE RELATIONSHIPS
- 2-HAVE 5 PEOPLE YOU CAN CHAT WITH
- 3-HAVE 15 PEOPLE THAT YOU KNOW
- 4-RELATIONSHIPS SHOULD INCLUDE 3 GENERATIONS
- 5-HAVE 5 THINGS TO DO WEEKLY
- 6-HAVE 15 OUTINGS A YEAR

□ [www.CanAge.ca](http://www.CanAge.ca)

□ REMEMBER THAT OVERNIGHT

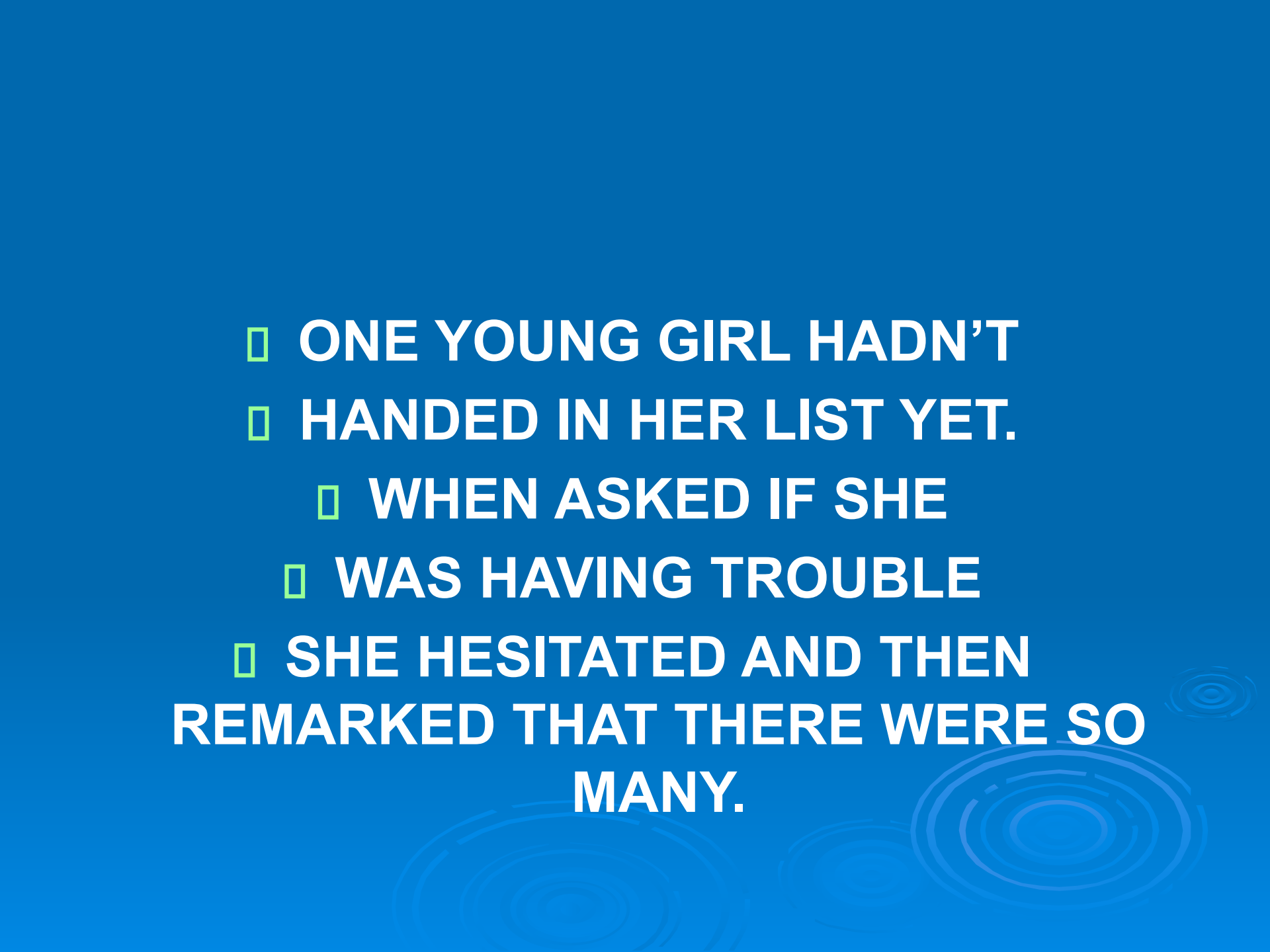
□ SUCCESS USUALLY TAKES

□ ABOUT 15 YEARS.

# THE SIMPLE THINGS

- AN ELEMENTARY CLASS
  - WAS ASKED TO LIST
  - THE SEVEN WONDERS
    - OF THE WORLD.

**□ ONE YOUNG GIRL HADN'T  
□ HANDED IN HER LIST YET.  
□ WHEN ASKED IF SHE  
□ WAS HAVING TROUBLE  
□ SHE HESITATED AND THEN  
REMARKED THAT THERE WERE SO  
MANY.**



**□ SHE THEN SAID HER LIST INCLUDED:**

**□ 1-TO TOUCH**

**□ 2-TO TASTE**

**□ 3-TO SEE**

**□ 4-TO HEAR**

**□ 5-TO FEEL**

**□ 6-TO LAUGH**

**□ 7-TO LOVE**



let it go.

One of the happiest moments in life is when you find the courage to let go of what you can't change.



Season's Spendor

□ BE WHO YOU NEEDED

□ WHEN YOU WERE YOUNGER.

- DON'T DO SOMETHING
- PERMANENTLY STUPID,
  - BECAUSE YOUR
- TEMPORARILY UPSET.

□ I WENT TO SCHOOL TO BECOME A WIT-

□ BUT I ONLY GOT HALF-WAY THROUGH.

A decorative graphic in the bottom right corner of the slide, consisting of several concentric circles of varying sizes and colors (light blue, white, and dark blue) that resemble ripples in water.

□ IF YOU COULD CHOOSE JUST ONE

□ CHARACTERISTIC THAT WOULD

□ GET YOU THROUGH LIFE-

□ CHOOSE A SENSE OF HUMOR.

□ JENNIFER JONES

**Reading  
can seriously  
damage your  
ignorance.**



HIGHER PERSPECTIVE



## FURTHER INFO ABOUT HUMOR

- BASIC INFORMATION BOOKS
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- 2-LAUGHTER THERAPY BY ANNETTE GOODHEART
- ACADEMIC BOOK ON HUMOR
- 1-THE PSYCHOLOGY OF HUMOR BY ROD MARTIN
- INSPIRATIONAL AND MOTIVATION HUMOR
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- 3-THE GOOD LIFE BY WALDINGER & SCHULZ
- 4-LAUGHTER FROM WOMB TO TOMB BY YOURS TRULY
- ON NETFLEX
- 1-MISSION JOY:FINDING HAPPINESS IN TROUBLED TIMES WITH DESMOND TUTU & THE DALAI LAMA
- 2-LIVE TO BE 100-SECRETS OF THE BLUE ZONE
- CONTACT ME ABOUT THE BOOK OR FUTURE TALKS
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- MY EMAIL-[drkenshonk@gmail.com](mailto:drkenshonk@gmail.com)

**READING IS TO THE MIND  
WHAT EXERCISE IS TO THE  
BODY.**

**□ JOSEPH ADDISON.**

The background features several sets of concentric circles in a lighter shade of blue, resembling ripples in water, positioned in the lower right and bottom center areas of the slide.

# MISC. MATERIAL ON HUMOR & KINDNESS

- 1-THE POWER OF KINDNESS BY BRIAN GOLDMAN
- 2-THE ANXIOUS GENERATION BY JONATHAN HAIDT
- 3-THE GOOD LIFE BY ROBERT WALDINGER & M. SCHULTZ
- 4-LAUGHTER FROM WOMB TO TOMB BY KEN SHONK

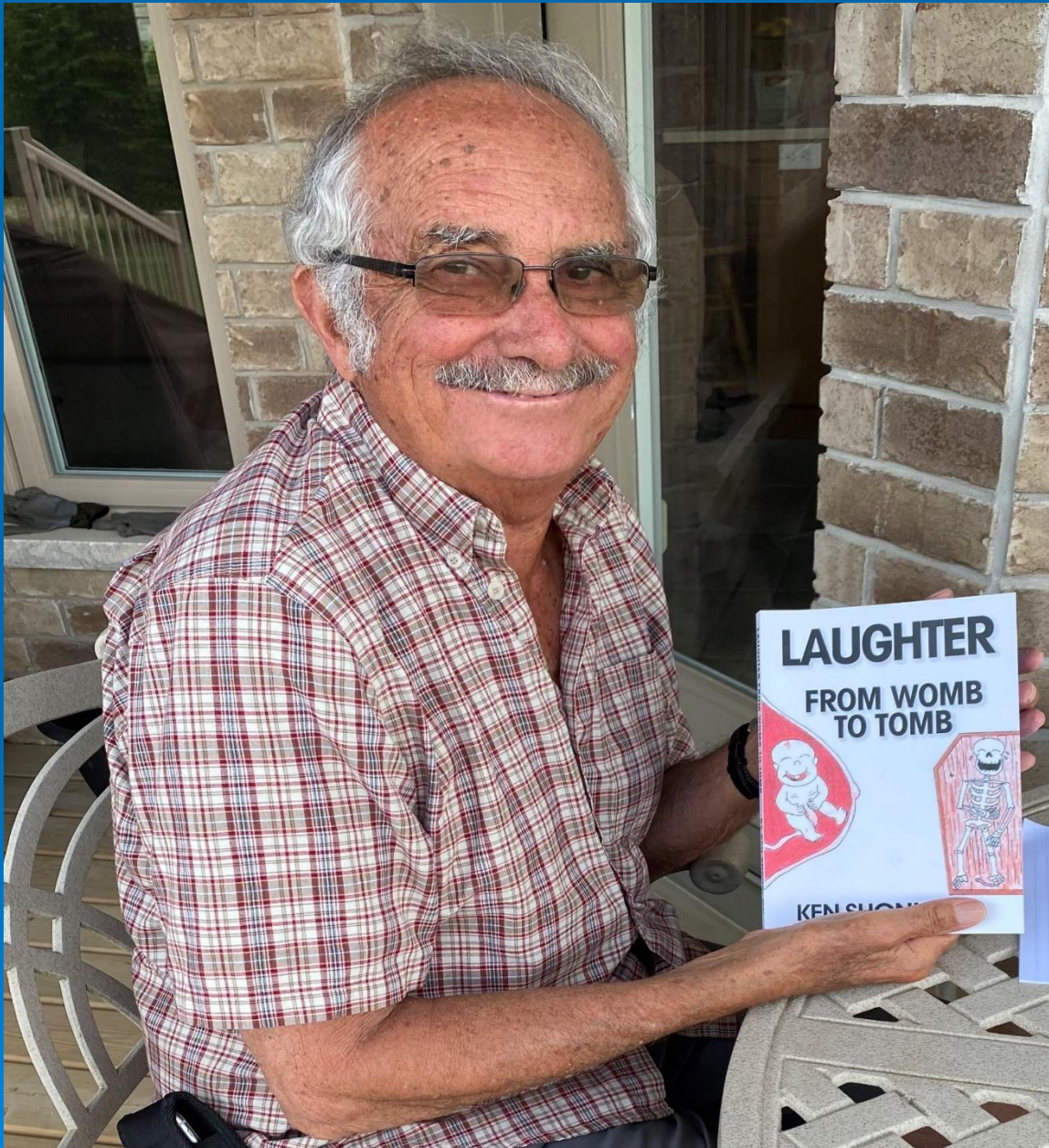
# AVAILABLE ON NETFLIX

- 1-MISSION JOY-FINDING HAPPINESS IN TROUBLED TIMES
- 2-LIVE TO BE 100-SECRETS OF THE BLUE ZONE
- 3-FAMOUS LAST WORDS- JANE GOODALL

□ TO CONTACT ME


□ MY WEBSITE-[www.healthyhumor.ca](http://www.healthyhumor.ca)

□ MY EMAIL-[drkenshonk@gmail.com](mailto:drkenshonk@gmail.com)



# THE HUMOR CASCADE

**HUMOR MAKES A CONNECTION,  
CONNECTION INSTILLS TRUST,  
TRUST INSTILLS CONFIDENCE,  
CONFIDENCE LEADS TO A RELATIONSHIP,  
THE RELATIONSHIP ALLOWS YOU TO  
CONDUCT YOUR BUSINESS.**

A decorative graphic consisting of several sets of concentric circles in a lighter shade of blue, located in the bottom right corner of the slide.

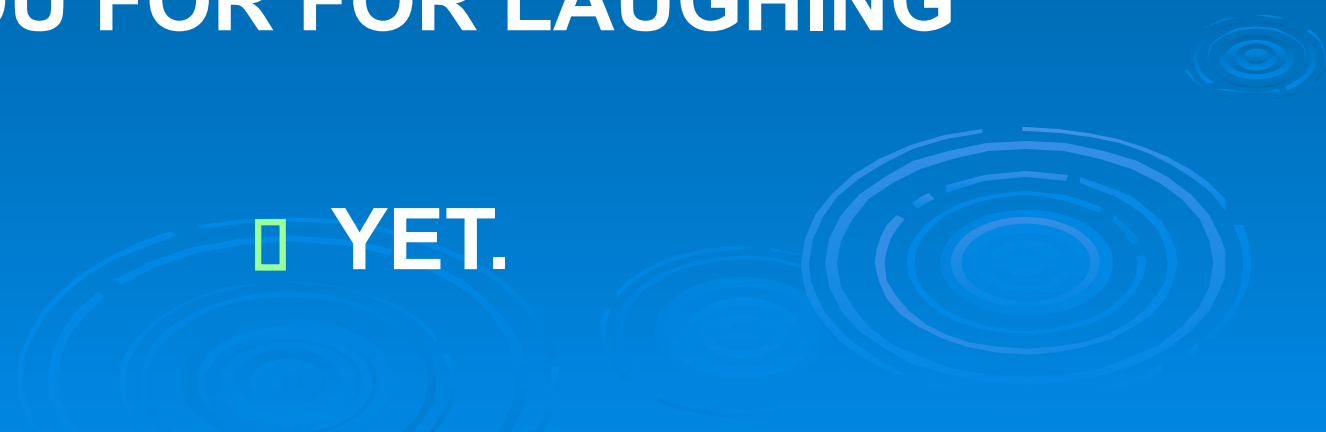
**A DAY IS WASTED WITHOUT LAUGHTER.**

**NICOLAS CHAMFORT (1741 - 1794)**

□ THE MOST LOST DAY IN LIFE

□ IS THE DAY WE DON'T LAUGH.

□ CHARLIE CHAPLIN.

- SO FAR, THEY HAVEN'T
  - FOUND A WAY TO TAX
  - YOU FOR FOR LAUGHING
  - YET.
- 

# KEY-TAKE-AWAYS

- 1- DON'T POSTPONE JOY.
- 2-SHARING JOY DOUBLES IT & SHARING SORROW HALVES IT.
- 3-LAUGHTER COMES NATURALLY-HATE MUST BE TAUGHT.
- 4- ASPIRE TO INSPIRE BEFORE YOU EXPIRE.
- 5- IT IS A SHORT LEAP FROM HUMOR TO COMPASSION.

□ **HAPPINESS IS NOT SOMETHING YOU**

□ **POSTPONE FOR THE FUTURE.**

□ **IT IS SOMETHING YOU DESIGN**

□ **FOR THE PRESENT.**

□ **JIM ROHN.**

# JOHN CLEESE

- A WONDERFUL THING ABOUT TRUE
- LAUGHTER IS THAT JUST DESTROYS
- ANY KIND OF SYSTEM OF DIVIDING
- PEOPLE.

# REMEMBER:

THAT LAUGHTER CAN TAKE  
YOU FROM  
*MOPING*  
TO  
*COPING*  
TO  
*HOPING*




ALWAYS REMEMBER THAT:

THERE AIN'T MUCH FUN IN MEDICINE

BUT THERE IS A LOT OF MEDICINE IN  
FUN!

LIFE IS NOT ABOUT HOW MANY  
BREATHS WE TAKE  
BUT HOW MANY MOMENTS  
THAT TAKE OUR BREATH AWAY





I love the kind of  
hugs where you can  
physically feel the  
sadness leaving your  
body