

## The Reality of Laughter

Humor and laughter make a significant contribution to our physical and mental health. Learning to adopt a lighter attitude and how to see the funny side of everyday situations gives us resilience. Laughter has the ability to improve our physical, mental, emotional, spiritual and social health and strengthen our immune system. It is also a way to bring together the mind, body and spirit in perfect harmony.

Facilitated laughter is a method where laughter is evoked by "self-starting" not by humor, jokes or comedy. Participants are engaged as active and interactive participants, not as passive audience members being entertained. It is based on a foundation of both ancient practices, such as yoga & meditation, and modern medical science. It is a genuine form of exercise with many of the same benefits as a vigorous physical workout.

Patt Harper is a motivational humorist, trainer and author and has worked with businesses, associations and individuals across the United States and Canada since 1996. She is a Certified Laughter Leader through the World Laughter Tour organization, a member of several organizations including the Association for Applied & Therapeutic Humor, an Admiral in the Nebraska Navy and president of HaHa Productions.

**Patt Harper is a motivational humorist, trainer and author. She has spoken before and worked with organizations across the United States and Canada. Her hands on presentations are designed to teach participants to use humor more effectively and be well in mind, body, and spirit. Patt is a Certified Laughter Leader through the World Laughter Tour organization. Learn more at [www.LAFF4Life.com](http://www.LAFF4Life.com). You can contact her at [patthaha@aol.com](mailto:patthaha@aol.com).**