



Discover the Power of Laughter: Jump-Start Your Journey to Health and Joy

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Rachael Siegelman

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In *Discover the Power of Laughter*, twin sisters Sarah Routman and Rachael Siegelman celebrate how a simple smile can be the first step in a healing technique that's fun, portable, and best of all, free.

While recognizing that laughter is not considered an appropriate response when tragedy strikes or in the face of overwhelm, the book explores the anatomy of laughter with clarity, pointing to studies that suggest that maintaining humor and a curious, playful mindset in the midst of troubles increases one's chances of survival. No jokes or humor are required to engage the body's physiology in laughing and reap its benefits, though: It's a skill that can be made the "first line of defense for sadness or pain" due to its ability to modify brain chemistry. Deep, sustained belly laughs are said to release "joy chemicals" in the body, expel carbon dioxide, and fill the lungs with fresh oxygen, while clapping stimulates the twenty-plus pressure points in the hands and fingers, marshaling the body's organs and systems to work on behalf of health and well-being.

Blending science and fun into its step-by-step method, the book employs easy-to-learn exercises, creative games, and a friendly, encouraging tone to teach even play-resistant adults how to laugh for no reason other than to take advantage of laughter's amazing benefits for the body, mind, and spirit. Among the many inspiring quotes in the book is spiritual leader Thich Nhat Hanh's note that "Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy."

Discover the Power of Laughter teaches accessible, life-changing, laughter-based techniques for enhancing one's health and well-being.

KRISTINE MORRIS (January / February 2025)

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