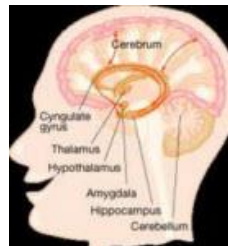


How To Improve **Your Life**



Debbie Nicholson

Chapter One : Laughter



Laughter is the best medicine for everything even for the great art of healing oneself. Hearing someone laugh is music to the ears of those around them even though many of them would probably not want to admit it. I saw a video once of a man who stepped into a train carriage and all around him were people with long droopy faces, not talking to anyone else, too tired to even look at their neighbours. It was such a pathetic scene. Anyway suddenly he began to smile which broke into a smirk as it seemed he was thinking of something that had just reminded him of something very funny. Eventually he couldn't contain himself any longer and out came this happy, uncontrollable giggling stretching into laughter so loud and so real. The lady beside him woke up and looked at him and wondered what on earth was going on. Anyway try as she might, she did her best to return to sleep or look out of the window or even just look around as though questioning other train travellers "Who is this man?" Finally she couldn't put up with it any longer and next thing she was smiling, then giggling, then laughing just as hard as he was. Before you knew it the entire carriage previously filled with so many dismal looking people were all laughing so hard they were falling off their seats and pointing at each other. He continued on in

this way for much of the trip. When he stopped laughing as though he had got hold of himself, the laughter around him quietened down a little, however, everyone was now talking to each other and giggling and having so much fun. He started up again.

Everyone was so happy.

They didn't notice him get off the train at the next stop because they were all so busy getting to know each other and having a great time. And then the video showed him get into another train at that station and the video finished with great bouts of laughter coming through the air from that particular train.

It was such a great message even to me who spends 90% of my time just talking to my computer and to myself. A simple message of sharing that no one can take off you and if you are willing to give it away, it will return to you one thousand fold or more.

I have even heard of people healing themselves completely from cancer just through constantly watching and laughing at really funny movies for the 3 months following their diagnosis. Laughter removes stress from your body and what is cancer anyway, except a lot of stress you have taken on board and it is

concentrating itself in one huge mass in a part or several parts of your body.

Did you know that your immune system needs you to be using those laughing muscles on a regular basis – like every day?

Did you know that your immune system also needs to be feeling that emotion when you are in a happy, laughing mode. Your body needs a laughing vitamin pill every day in order to cope with life itself. There are so many things that can go wrong the moment you leap out of bed in the mornings. And being able to laugh as you go along through your day improves the performance of the functions of your body so much. Read funny books. Listen to funny jokes. There are plenty of funny quotes being sent around on the social networks. The library is filled with comedy when you know where to look for it.

Enjoy smiling at people as you walk along the pavements of the way you are taking yourself on your journey today. When you are sitting in a waiting room today, smile inwardly and make sure you can feel that smile on your face. I had occasion to be in a surgery waiting room this morning before breakfast as I had to have a fasting blood test. Naturally many of the other

people were there that early as well probably because they were in a fasting mode as well. And you could see on their faces that they were hungry, that they were feeling bothered about not eating yet, or having had their coffee yet. I had to start sending love to one particular woman as I thought she was going to burst into tears at any moment with whatever was going on in her head as we all sat there waiting our turn.

My problem is terminal. However, I am not feeling miserable about it at all. I have made peace with my Maker and I am ready should there not be a miraculous cure for my ailment. My wonderful family are more worried about it than I am, bless their souls.

I refuse to go about with a long face. I keep that smile as long as I can so that I can help others feel better about themselves.

Anyway that is off the track as to what I was saying about walking along the pavements of your journey today. Say "Good Morning or Good Afternoon or Good Evening" to those surrounding you as you walk. Make it a game to see how many other pedestrians even notice you and your smile and/or your greeting.

Greet your colleagues at work not with the usual long face, but a happy smile and a happy how are you? When my dad was growing up, everyone wore hats and everyone was forever tipping their hats at people in greeting as they walked by each other. In our modern fast pace of living nowadays, no one does that anymore. Why have we lost that silent but gratifying habit to the modern world?

I have even read accounts of how a dentist did a survey and realized that if he could keep his patients in good humour throughout the process of his working on their teeth, they seemed to notice far less the work he was doing for their benefit. Do you know what he did? He installed a television set behind him and they were forced to watch funny cartoons during the entire process of their visit. He ended up with happy return customers on their normal 6 month checkup dates. And what's more he got extra clients because he was known around town as the pain-free dentist.

It is a scientific fact that those who lead happy, laughing lives are less likely to suffer problems associated with heart functions.

Healing takes place much faster when a body is trembling with giggling and laughter. The more you

think of funny situations, of funny things you have read, of funny things that have happened in your life, the more funny situations will come into your life for you to enjoy and share. Remember your thoughts are things and whatever you send out comes back to you in a rippling effect.

Life is too short to be serious all the time. If you can lessen the amount of money you spend at the doctors on an annual basis purely because you spend most of your time remembering to have a good old chuckle every day, then a chuckle and an apple will be good replacements for a doctor visit and save you so much money in the long run. I do not expect you to just take my word for it. Try it out for 30 days – tick it off on the calendar at night if you had a laugh during the day and after 30 days what a fabulous habit that has become for you and for those around you.

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