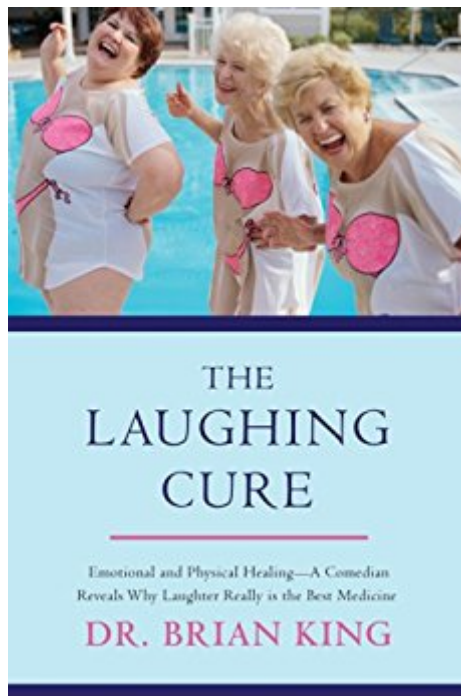


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# The Laughing Cure: Emotional And Physical Healing—A Comedian Reveals Why Laughter Really Is The Best Medicine



## Synopsis

Dr. Brian King is a psychologist and stand-up comedian whose humor therapy seminars are attended by more than ten thousand people each year. In *The Laughing Cure*, King combines wit with medical research to reveal the benefits of laughter and humor on physical and emotional health. King's language is humorous and uplifting, and his advice is backed in science. *The Laughing Cure* features clinical studies and interviews with some of the nation's top doctors that prove that laughter lowers blood pressure, reduces stress hormones, increases muscle flexion, boosts immune systems, and triggers endorphins. It's been shown to relieve depression, to produce a general sense of wellbeing, even to make us more productive, loving, and kind. *The Laughing Cure* presents step-by-step guidance and proven techniques to embrace laughter as both medicine for current conditions and preventative medicine. This highly unique and enjoyable read explains why much-talked about, but little understood methods of therapy like those embraced by acclaimed humor doctor Patch Adams—played by Robyn Williams in a 1998 film—and laughter yoga actually work. Growing up, King wanted to be a stand-up comic; his PhD. was his backup plan. Little did he know, the impact his unique situation would put him in, the way it would allow him to help others. Very few doctors have the ability to heal the way that King does; his method is cheap, easy, chemical-free—even fun. With *The Laughing Cure*, readers will learn how—and why—laughter saves lives.

## Book Information

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## Customer Reviews

I was first introduced to Dr. Brian King through his seminars. The first being about will power and habits, the biggest note I took during that first seminar was "This guy is funny. Recommend him." And I have. And I am again. Reading this book is much like sitting in on one of his seminars about happiness. The tone is conversational. He breaks down the brain science in to small bites that are not overwhelming to the average Joe or Jill. He also made me laugh out loud reading the book. Not the fake lol, but an actual the person sitting next to me in the coffee shop is staring laugh out loud. I believe being happy is a choice we get to make. I am glad to read a book that reinforces that choice and gives me a list of the benefits of making that choice. Good health and good laughs. What could be better?

This book by Dr. Brian King, PhD, noted speaker and stand up comedian, is interesting and well written. It would be valuable to anyone who works in the medical field, psychiatry, or as therapists; as well as to anyone who is suffering from a high level of stress. It is scholarly, but is easily understood by non-medical readers. He illuminates the role of laughter/humor in stress reduction, health, and wellness. Funny and informative, I highly recommend this book to everyone who works in the medical field, and for anyone who needs to improve the quality of their lives.

An excellent book! It is an easy read and had me literally laughing out loud at many points, plus I learned things, an added bonus. I found this book just after finishing cancer treatment and it will be one I recommend to many facing it or with loved ones facing it. I took a 'inappropriate cancer jokes' are the way to go approach and the book really helped confirm how much laughter did help me through some awful times. It gives many other applications too but one chapter was totally written for me! (shame Dr King had no idea at the time Psychologist not Psychic apparently) I will use my cancer card here to say please pay this book forward to those in a tough spot, as even though it was after I was done it was amazing learning the aspects of why laughter really does help. The learnings are kept light hearted and easy to understand, you really will walk away with more of a smile.

THE LAUGHING CURE by DR BRIAN KING will totally entertain and mesmerize you. I was not able

to put this self help book down from start to finish! "Life, Love and the pursuit of Happiness and Health thru Laughter" best describes this book that is destined to be a best seller. As this book becomes a best seller Dr. Brian King will laugh all the way to the bank! I just ordered another copy today to give as a gift because no body and I do mean nobody is going to get my copy that the author so graciously autographed!

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