



Laugh, Dance, Sing and Be Well (Paperback)

By Matthew Oye Arikanki

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Large Print. Language: English . Brand New Book ***** Print on Demand *****. You need to create a time in your daily schedule to laugh. Funny? For me, it is the first thing I do in the morning. Initially when you start this business of a daily dose of laughter, it may look odd. If you are living with some people or you are married and you wake up in the morning and you start to laugh heartily, people may find your new habit crazy. Never mind. It is just a matter of time; your spouse will soon catch the spirit of laughter. Laughter is the miracle drug you need to cure every form of unhappiness in your life. Holy Ghost inspired laughter is a sound of joy. It is expressed from the heart and burst forth through the mouth. Laughter is to your spirit what physical exercise is to your body. Laughter can help you massage your heart and improve your blood circulation. Laughter is your miracle syrup against high blood pressure. Laughter will filter your brain and remove any confusion, so that you can think clearly. Laughter is...

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