



Why Laughter Yoga or The Guitar Method

By Walter Birkbauer

Books On Demand. Paperback. Condition: New. 64 pages. Dimensions: 7.8in. x 5.0in. x 0.4in. This book offers a slightly different view of Laughter Yoga. Laughter Yoga can be seen as a variable, as an instrument. It could just as well be Meditation, Qi Gong, Autogenic Training, mental Training, neurolinguistic Programming or something else like the Guitar Method. All of these techniques lead to the same goal: they help to boost personal skills. Laughter Yoga is a matter of taste, as most things are. But can there really be something more fulfilling than laughter This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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