Laughter Really Is The Best Medicine Say Authors of New Award-Winning Wellness Book

*Mirth, laughter, and joy are key ingredients to a long and happy life. Laughter and a positive attitude have been scientifically supported to increase length and quality of life. But how do you keep a mirthful spirit alive amid life's trials and tribulations?*

Minneapolis, MN (PRWEB) June 9, 2008 -- Laughter will make you live a longer and happier life. Just ask Mary and Edna, who have been laughing together for years. Now they reveal their secrets in "A Mirthful Spirit: Embracing Laughter for Wellness" (ISBN 9781592981656, Beaver's Pond Press, 2007). It won 2008 Best Humor Award from the Association for Applied and Therapeutic Humor (AATH.)

Mary Huntley and Edna Thayer want to leave their mark. They know their experiences with laughter and their research about the ways in which laughter has influenced people's wellness will benefit others. Their collaboration on "A Mirthful Spirit" has resulted in a unique work on the many physical and psycho-social benefits of laughter.

"A Mirthful Spirit" is divided into four sections. The first section discusses both the physical and relationship benefits of laughter. The second section provides tips to enhance your humor potential during different life stages. Next comes a much-needed guide to maintaining humor in work, school and health care settings. Finally, the book explores the serious side of laughter and its historical and cultural evolution as well as what other research on laughter and wellness is telling us. Some fun comparisons between music and laughter buoy up this last section.

Huntley and Thayer warn against the ways humor is used to ridicule. They passionately emphasize using humor positively and to avoid harm that comes from negative teasing. The authors focus on keeping the book light and festive, sprinkled with examples from their many research participants who aided in bringing "A Mirthful Spirit" to fruition.

Through extensive research, the authors found that laughing intentionally everyday has tremendous benefits. Laughter brings about relief from stress, anxiety and tension, improves pain tolerance, increases brain-cell functioning, builds a stronger immune system, stimulates respiration, circulation, and digestion, promotes psychological well-being, improves self-esteem, creates happier moods, and enhances relationships. "A Mirthful Spirit" provides examples of how these benefits can be acquired by the use of positive humor.

Reading "A Mirthful Spirit" will change your outlook on life. Not only will you become happier--everyone will feel your joy and start laughing with you. Huntley and Thayer are firm believers in what one of their heroes, Patch Adams, says, "The most revolutionary act we can commit in the world is to be happy." Go buy a copy of "A Mirthful Spirit" and you too can laugh your way to wellness.

**About the Authors**

Mary Huntley and Edna Thayer met as colleagues at Minnesota State University, Mankato. Both have professional backgrounds in health care, nursing, and teaching. They have written and spoken extensively on the benefits of laughter. "A Mirthful Spirit" is their concise guide to laughter for readers who want fulfilling lives.

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