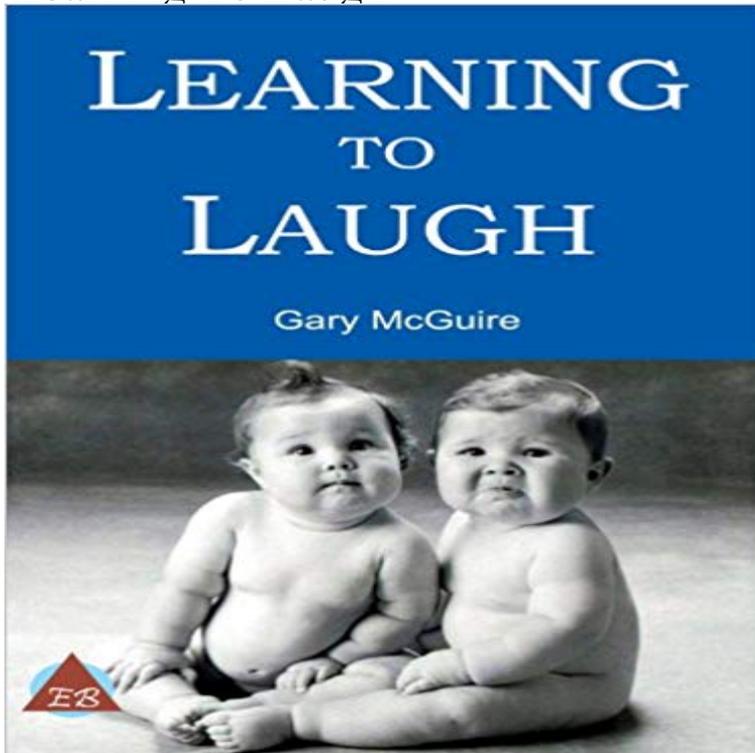


## Learning To Laugh



About The Book: The attitude of a person measures the altitude of his or her success and happiness. Success, and as a resultant happiness, is not determined by how much you earn or what is your status in society. It is determined by whether or not you achieve your chosen goals in life and how you view them. Each person's goals are different. Therefore it is essential for every individual to crystallize his or her vision in order to develop his/her own paradigm and path to success. And this book presents a practical guide to achieve success and happiness in life. Much of what is written is based on the author's own experiences and the philosophy which he has developed by active interaction with others as well as the study of the writings and experiences of great personalities across the world.

About The Author: Gary McGuire has been working in the field of human functioning and strategic life planning for over twenty years. He is a Ph.D. in behavioural science from the University of Minnesota. A professional psychologist, he runs a counseling center in Dallas, Texas.

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**Images for Learning To Laugh** Forget about yourself brighten up their day by making them laugh, and you soon will be laughing too. 7. Until to relearn the art of laughing, practice smiling. Like Laughter Yoga, you don't need a reason to do it just do it and experience the benefits. **Learning to Laugh - Google Books Result** Learn to Laugh at Yourself.

Most of us take ourselves too seriously, which limits our ability to find the humor in difficult situations. In addition, it can make us **Baby Toys & Games - Laugh & Learn Educational - Fisher-Price** Learning to laugh again. After having a few miserable months, Kelly Rose Bradford visited a laughter therapist to help her see the funny side of **Why Its Incredibly Important To Learn To Laugh At Yourself HuffPost** Learning to Laugh [Gary McGuire] on .

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