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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Why We Laugh!

By FreeCoolJokes Group

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Why do we laugh? Is it a silly pun, riddles, amusing stories, anecdotes, funny one liners, silly quotes, hilarious jokes, dirty jokes, clean jokes, a commentary on world politics?

Maybe it's the comic who jokes about his funny experiences as a child or the comic who amuses you with his raunchy x-rated humor. Or is it the slapstick of some up and coming comic who tickles your funny bone. Maybe it's the dry wit of a political humorist or the silly antics of a young entertainer. According to leading psychologist people usually respond with laughter to anything that disrupts their comfort zone. Most successful humorist know this and use this fact to strike a chord with their audience.

Leading psychologist also further explain laughter is a product of evolution. We laugh to release hidden fears, a rise in tension. Laughter is a pressure release valve. Accordingly, laughter is a natural tool to protect ourselves against uncomfortable emotions. Remember an uncomfortable situation where the tension was so thick you could slice a knife with it. Soon the sound of laughter released the heavy situation and lightened the load tremendously.

Think about very young toddlers. What makes them laugh? Anything that surprises. A funny sound. A funny face. And they giggle like crazy.

When we are pre-teens we find puns, riddles, silly jokes about school, teachers, friends, very amusing.

Teens find jokes about the opposite sex, authority figures, or anything parents would find offensive very funny.

When we mature into our twenties and thirties our sense of humor matures. We develop a more sophisticated intellectual humor. Funny stories amuse us or stories with a twist or double meaning.

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When we mature beyond our forties our sense of humor is more about the life experiences we share, about culture, and community. And consequently it will take sophistication plus matured intelligence to understand the deeper meaning of humor at this stage.

At this stage many people might find your political jokes, world affairs jokes, or the joke on the decline in morality strikingly humorous. Where as a teen or individuals in their twenties would fail to comprehend your humor.

Perhaps the most encouraging thing about laughter or humor is that it is contagious. Start your day with a smile and a good dose of humor. Share it with those around you!

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freecooljokes@yahoo.com

Poem– Each Time

By Kathryn Lim

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Each Time

Each time I worry
An angel would whisper "Fear Not Fear Not"
It is God who sees you through

Each time I am disappointed
An angel would whisper "Don't Give up! Don't give up!"
She is showing you the stories of life

Each time I'm angry
An angel would whisper "Let go and forgive"
For she wants to see cheerful hearts

Each time I cry
An angel would whisper "Hush hush my baby"
God has kept your tears in her bottle
And turned them into Victory

Why We Laugh!

Each time I fail to trust and I feel so weak
An angel would say to me "I know it is not easy but I'd like you to trust"
And know that Her grace would not lead you
To where it can't sustain you

And so I picked up the sun again and embrace it
Laugh laugh and laugh my heart
Indeed indeed God's grace is strong
It would not lead me to where it cannot keep me
It would not lead me to where it cannot keep me

This song is for you
This song is for me

Indeed indeed God's grace would not lead us to where it cannot keep Us.

Kathryn Lim is a life coach, business image consultant and author of *Wealth From Within* who can be reached at kathryn@kathrynlm.com, or visited on the web <http://www.cvreferral.com/17/108655.html>

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