



505 Best of Laughter Exercises

Sebastien Gendry

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The ultimate guide to the laughter exercises (Laughter Therapy, Laughter Wellness, Laughter Yoga) that fuel the creativity of 1000s of community laughter clubs worldwide. An ideal resource for those who are seeking and/or want to teach the physical, emotional, mental, social and spiritual benefits of laughter. Compiled by Sebastien Gendry, a leading global expert on Laughter Therapy, founder and CEO of the American School of Laughter Yoga, The Laughter Online University, The Laughter Wellness Institute, and The Laughter Consultants, Inc.

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