



The laughter Pill: Live, Laugh, Love

Ebook: The Laughter Pill – Practice Laughter in 5 easy Steps

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About me

Somesh Chablani works in Corporate America but on the personal side enjoys conducting youth leadership programs and also practices laughter yoga. He is a certified in Laughter Yoga and firmly believes practicing Daily Laughter helps you to stay positive and change the world.





Children Laugh roughly 300x a Day

ADULTS TYPICALLY LAUGH ONLY 20 to 30x A DAY!

Taking Ourselves too Seriously

Top Reasons why people take life too seriously.

* Top Reasons

- | | |
|---------------|------------------|
| 1. Depression | 5. Jealousy |
| 2. Tragedy | 6. Frustration |
| 3. Tension | 7. Victimization |
| 4. Denial | 8. etc. |

* Excerpt from a 2010 research study conducted by a leading medical school





The effect of smiling

A smile is a curve that sets the whole world strait – Phyllis Diller



Laughter is the Best Exercise

- Cultivating your sense of humor
- Humor is activated by jokes, comic books, movies, etc
- Always Smile and be positive
- Practice Laughter yoga



Definition of Laughter Yoga and History

Laughter definition : laughing, chuckling, chortling, giggling, tittering.

Yoga: A spiritual discipline, a part of which, including breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

Laughter Yoga was founded in 1995 in Mumbai, India by a Cardiologist
Dr. Madan Kataria.

CURRENTLY 16,000 + LAUGHTER CLUBS WORLDWIDE!!

5 in 5 Technique

5 Steps in 5 minutes: 5 easy steps to practice Laughter Yoga

1

Begin with a Big Smile

2

Warm up with Clapping Hands in rhythm
(Ho, Ho, Ha, Ha, Ha)

3

Slow & Deep Breathing
(Inhale Positive Thoughts and Exhale negative Thoughts)

4

Spontaneous Laughing
(Child like laughter – very good, very good, hey!!)

5

Personalize your laughter with any context or memories
(phone laughter, greeting laughter, etc.)



Health Benefits of Laughter

A good hearty laugh can help:

- Reduces stress and increases joyfulness
- Lowers blood pressure & elevate mood
- Boosts Self-confidence & the immune system
- Releases Endorphins and reduces pain
- Improves energy & mood & outlook
- Connects you to others
- & Makes you feel good 😊



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