



Feeling rundown? Try laughing more. Some researchers think laughter just might be the best medicine, helping you feel better and putting that spring back in your step. Join with us to read why, for some, laughter is the best medicine. Read the latest evidence: [Laughter Therapy: What Happens When We Laugh?](#) [Laughter's Effects on the Body](#) [The Evidence: Is Laughter the Best Medicine?](#) [Laughing It Up for Quality of Life](#)

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