

*"Your sense of **humor** is one of the most powerful tools you have to make certain that your daily mood and emotional state support good health."*
~ Paul E. McGhee, Ph.D.

**"Laughing
brains
are more
absorbent"**

~Alton Brown

*A day
without **laughter**
is a day wasted.*

~Charlie Chaplin

**"A CLOWN
IS LIKE ASPIRIN,
ONLY HE WORKS
TWICE AS FAST."**

~Groucho Marx

**HUMOR CAN ALTER
ANY SITUATION AND
HELP US COPE AT
THE VERY INSTANT
WE ARE **LAUGHING**.**

~Allen Klein

*One thing that
I am proud of
I am really capable
of **laughing** at myself*

~Penelope Cruz

**Laughter is
an instant
vacation.**

~Milton Berle

*"No matter what
your heartache
may be, **laughing**
helps you forget it
for a few seconds.*

~Red Skelton

**A Chuckle a Day
Keeps the Doctor
Away**