Laughter Is The Best Medicine

There's no reason not to laugh!

- Reduces heart disease
- Natural painkiller
- Improves breathing
- Helps you lose weight
- Gives good sleep
- Decreases stress
- Makes you look young
- Boosts relationships
If we are ever going to get past the obstacles we have in life, we have to do so with a great amount of courage in the roughest times. No matter what we do, we can't do it without being positive, or we will ultimately be destined to fail. Instead of cowering in the face of adversity we should laugh, smile, and keep a positive attitude.

Just because things aren't going the way that you would like them to, doesn't mean that you have to let them get you down. You can easily fight by letting go of your anger, and by releasing the positive vibes you have inside of you, by seeking things like laughter, and other positive vibes. Laughter is good for you because it helps to reduce the stress you may feel at moments of extreme adversity and pain, and help you continue to push forward as well.

Laughter is a universal language of love, just as it helps to ease the tension of strangers, it also helps to ease the tension of a rough fight with life you have ahead of you.

Source: [here](http://tiest.staff.ipb.ac.id/2015/03/18/laughter-best-medicine/)
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