

INSPIRATION FOR A RIDICULOUSLY LAUGHING LIFE



LAUGHTER  
101

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- Life's labors
  - Activating your power to laugh
- Usurping your laughing capacity to challenge life's troubles
  - Getting more from life by laughing
  - Healing as a result of laughter.
  - Tapping from laughter's benefits
- Enrolling into the laughing school of thought
- Reaching beyond today's possibilities by laughing away
- Extinguishing present troubles with the laughter medicine.
  - Vacating present position by laughing
- Escaping the life of sadness and hopelessness by laughing
  - Rating your happiness level
  - You deserve to laugh

## INTRODUCTION

The average everyday life is characterized by its series of troubles. Life is absolutely complicated and one may not comprehend the reasons why such complications occur. These complications leaves us in sadness querying why unpremeditated actions should take place in the face of harrowing life experiences.

We want to laugh so long through life even in the face of its challenges. It seems a big huddle though because of the seemingly uphill difference that characterizes the challenging life and a laughing smiling life. There always seems that reason we give for not allowing that big smile relieve us of our burdens.

Truth is laughter feeds the soul. A laughing mind transcends beyond every upheaval it faces. It builds around the mind a seeming

confidence of a better future even when the present seems herculean. The ruptures of laughter permeate as many minds as it comes across causing those minds to be triggered into a laughing life too.

The beauty of a laughing life is the positive health effects that it projects. Laughter helps build a healthy lifestyle providing solutions to daring illnesses such as high blood pressure, stress etc., thus helping to free the body from all the clogs that hold it down.

The effect of a despairing life is the hopelessness that it propels. Laughter in the order hand projects hope, faith and confidence. It portrays our happy state and reveals an inner strength only projected by our capacity to overlook our burdens and see way past our present predicaments.

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The best and cheapest lifestyle you can afford to have is one filled with laughter. It doesn't cost much and it isn't complicated. It's an easy life that lightens and even enlivens you beyond what you could ever imagine. It doesn't cost a dime. It just requires your own decision or choice to stay happy.

Your choice is your choice and no one else's. That face is banking on you and no one else to revel in the joyful moments that life presents. It is dependent on you to create for yourself those happy, joyful, laughing moments in spite of what life offers. Your choice means, it all depends on you. Only you can feed yourself with all the happiness that you deserve.

So here, you are reading this and wandering "can I really have a fulfilled happy life?" Sure, you can produce that life.

You can laugh all the way through the upheavals that characterize life. You can get through all that difficult moments and still keep that cheerful look. It all depends on you, your decision to go through my book, gulp the words in it, revel in its thoughts and act as it will demand of you. What's that problem that has kept your face stone caged? C'mon, you've found the right antidote. Just laugh. It's possible now and possible for the rest of your living days. You will feel relieved from all the burdens and hopelessness into a new life. You may ask yourself what you have to do to instigate you into laughing. Just read on.



# 1

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## **LIFE'S LABORS**

From the moment you stepped into this world, you found yourself with “work” and “pain.” The first act to ascertain if a new baby is alive is a hard back tapping by the matrons or nurses at the hospital. The baby shrieks and cries as he feels the pain. The natural tendency is to cry or feel sad for just about everything because that was how he came into the world. We often do not jump into the world smiling so smiling seems like an art we have to learn as we live. A baby naturally knows when to cry and keep a frowning face because life often tend to supply more of the things that

makes us sad and cry. He however has to learn to smile some way by an external stimuli.

We grow with the mentality that crying and sadness is a natural part of our existence. This tendency is often why it's much easier to keep a stone caged face than a smiling one. All life contains is labour. We must work and work really hard too. It seems everything that one has to do involve one labour or another. We labour to eat, labour to dress, labour to travel, labour to talk, and labour to sleep. Almost everything we do is subject to some form of labour or another.

We must labour however way we view life. Sometimes we tend to question the fact of life as a labour ground. This is because we assume that life should supply us with a field day where we can have everything we

want at our footsteps without so much of our laboring for them. That's a mere wish anyway because even the richest men on earth still labour to keep their wealth, The strongest men still labour to keep their strength, the most influential men still labour to keep their influence. Whether you find yourself in the upside of life or downward, it requires labour to stay where you are.

Life's labour could be interesting when perhaps you find some joy in your labour. Most persons though hardly find that joy in what they do. They feel depressed, pressed down and pained. They are overwhelmed with work that they never find good reasons to be joyful. These people are those who think any labour is hard work. Some people however seem happy in their labor. These persons seem to find

fulfillment in what they do however tedious it may seem.

Have you ever wondered why you'd find two persons who earn similar pay and work the same jobs yet one may be fulfilled while the other isn't? That's the relativity of life. Similar labour could be great for a person and terrible for another. What causes this isn't the job or labour in itself but the person or personality.

You must realize that if you are to ride in life's fulfillment, you must understand life's labour as

L- The only **LEGITIMATE** path to living a happy life. You can't eat when you don't work and you can't work when you don't eat. Our labour or work opens the door to our appreciating the quality of life and hands us the opportunity to also afford this quality of life.

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A- The **ALTRUISTIC** responsibility that we have to bear to live a happy life. Nothing comes easy and a happy life will certainly come at a cost. That cost is our labour, or work.

B-A **BASIC** requirement for the obtaining and sustenance of a happy life. We survive by our constant labour. Anything you want is subject to and dependent on how much you are ready to labour for it, how much sacrifice you are ready to make to see the fruition of your idea.

O-An **OSTENSIVE** measure to fight lack, boredom and criminality. To have, one must work to afford it. Staying without doing anything could lead to boredom which could also lead one to acting contrary to laid down rules of society. If we must fight this three attributes, we must labour.

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U-An **UPLIFTING TASK** that supply's one with dignity. One gets dignity from his labours. When one can afford the quality of life that he deserves, he finds himself living an upbraided life of value.

R-A **REALISTIC** every day task that should supply us with all the benefits that life can supply and enable us live a dignifying quality life.

Life's labours are necessary for the achievement of anything plus a life of laughter. These labours may seem tasking only to the man who considers it as so. We wake to a life of labour and sleep from a life a labour. We are born to labour and we die from labour.

It's often refreshing to note that it is only in life's labour we truly find true fulfillment, happiness and a life of laughter. That person who can help you find that

fulfillment and laughter in that labour is  
you.

You have to labour anyway and life can and  
will supply you enough of it as you desire.

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# 2

## ACTIVATING YOUR POWER TO LAUGH

We have seen that life supplies us so much of labour. Naturally, no one wants to work. We want so easy a world where everything is obtained at our finger tips, but life doesn't work that way. Even those who are born with silver spoons will have to labour somewhere in their lives to keep their silver spoons.

Most Labour isn't always interesting though, so most persons, a large chunk of us on earth will keep stoned faces. Some kinds of work are considered not dignifying, some are inspiring, some are



average, some poor yet they are labour and one has to be happy doing them.

Happiness doesn't result from what we do or how we live. It consists in our own nature. Unlike pain, sadness and tears which have being activated at birth by the hitting of the matron or nurse, laughter is activated only by the individual who learns to respond to laughter's external stimuli, a stimuli that comes as we live in life.

Laughter results from a happy mood or state which is caused by the attainment of a positive action or an achieved expectation. We often laugh because that satisfied part of us has being triggered, that part that offers content benefits for which we find amusing.

A laughing life elopes from right within us. It exists right inside us but we often choose the sad life ahead of it because that seems

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