



Laughology: The science of laughter

By Stephanie Davies



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A practical guide to using laughter and humour as a thinking skill to feel better and communicate more effectively. This book will explain simple techniques that will improve the reader's ability to gain a more positive perspective in difficult situations and increase their happiness through adopting the techniques from the Laughology model. The key subjects covered are What is laughter; What is humour; The psychological connection;

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Editorial Review

About the Author

Stephanie Davies is recognized as one of the UK's leading voices in the psychology of laughter and humor. She has over ten years' experience in developing interventions that have been applied in a wide variety of settings dealing with complex public and mental health issues and building teams in high profile organizations.

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