



I Want To Laugh: Funny Jokes, Quotes, One-Liners and the Health Benefits of Laughter All Inside This Book

Derrick Ellis

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The recommended daily dose of laughter is 15 minutes a day. I WANT TO LAUGH gives you the health benefits of laughter. For example, laughter lowers Blood Pressure, promotes better sleep, increases natural killer cells (to attack cancers and tumors), improves respiration, and much much more. In addition, there are hundreds and hundreds of jokes, quips, and quotations for almost every occasion. That's right this book will provide the quotes and jokes you need to get your day or night going with excitement. After reading only a few pages, readers will find themselves emailing these side-splitting jokes to friends, family members, and co-workers.

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