



# 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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