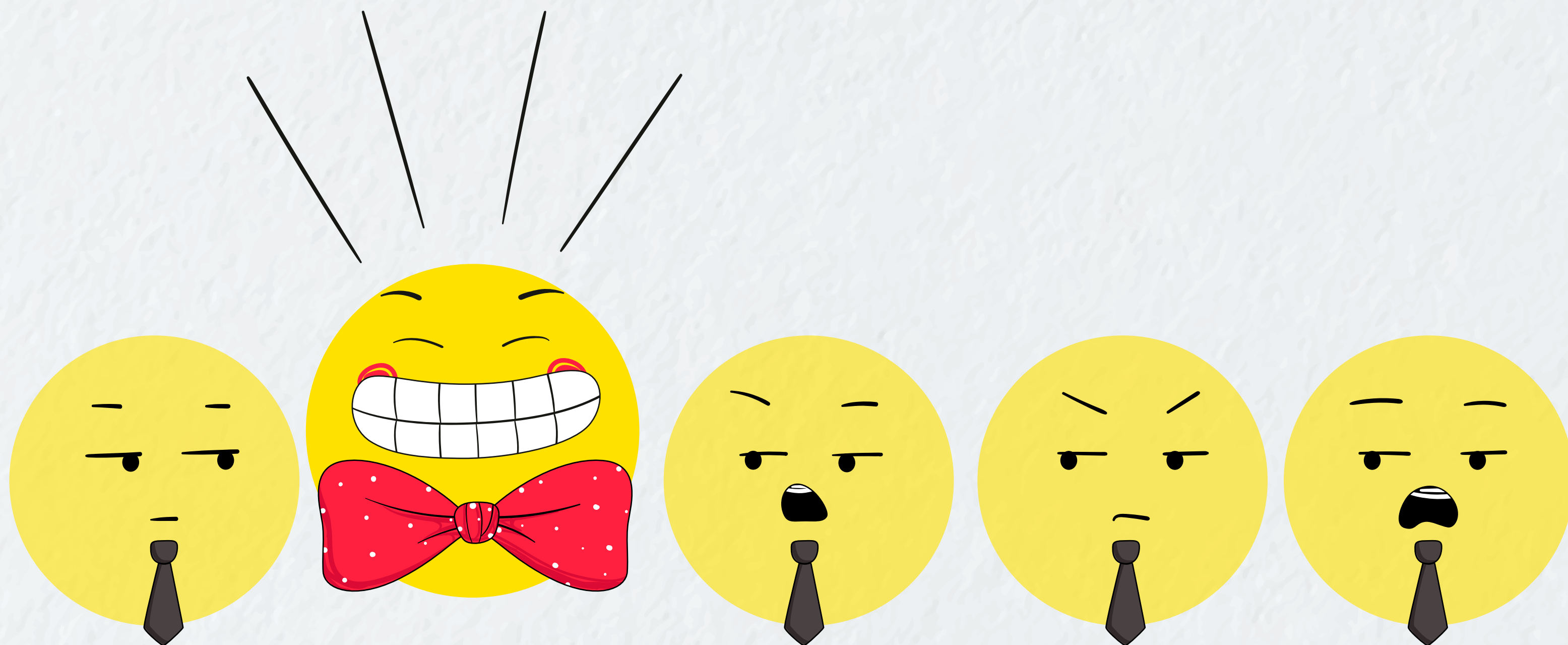


## LAUGH WHOLE HEARTEDLY

Today, find something comical in your daily activities and interactions with your family and friends. Try not to suppress your laughter instead laugh wholeheartedly.



6 Lakh users  
using our RankGuru App



15.25 lakh users  
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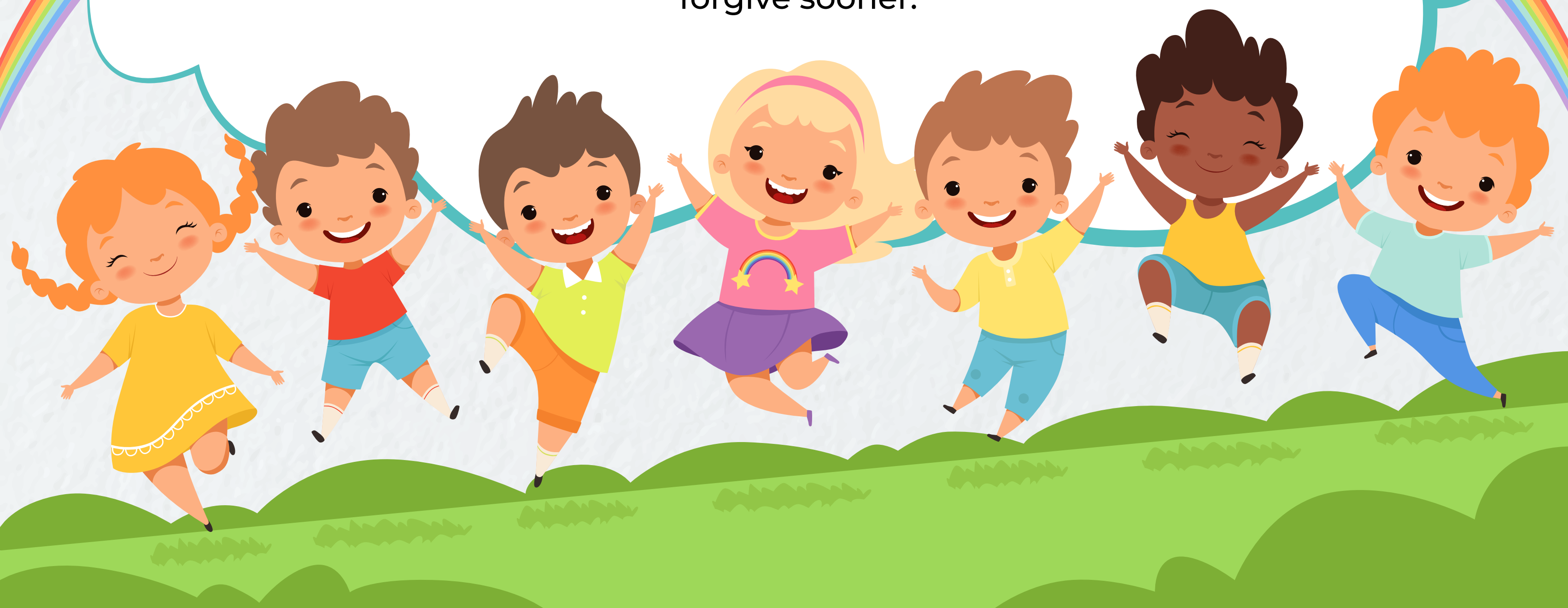


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It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humour lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.



With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health. Best of all, this priceless medicine is fun, free, and easy to use.



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Watch a funny movie Charlie Chaplin or a TV show Tom and Jerry, it doesn't matter how old you are to watch this.

Share your funny childhood memories with family. This brings smile on your face and once again you laugh with others.



**Charlie**

**Chaplin**

**Tom  
and  
Jerry**



Sing or play a happy song. Smile, drum your fingers and tap your feet.  
Dance with your spouse or your children and it's okay to dance alone.  
Play with your pets because pets have an uncanny ability to make  
us happy.

Due to insecurity or any other reason do not respond anything  
negatively which can steal your laughter.

**Make your day joyful**

