

# AATHe-zine

Dear AATH E-Zine Readers,

Please email me at [ezine@aath.org](mailto:ezine@aath.org) if you have an article, quote, etc. for future issues.

Thanks!

Chip Lutz,  
Ezine Editor



## MEMBERS in the NEWS:

### [Crisis Buster Tip #15: Want More Sales? Keep Smiling](#)

TransWorldNews (press release) - Monroe,GA,USA

Humor therapy, clown therapy and laughter are being used by doctors and hospital staff. Source: McClatchy-Tribune News Services Even CTCA (Cancer Treatment Centers of America).

### [See what laughter can do for you](#)

Also in 2000, Psychologist Steve Sultanoff, Ph. D., president of the Association for Applied and Therapeutic Humor, offered that "With deep, heartfelt laughter...

<http://www.examiner.com/x-12757-San-Antonio-Friendship-Examiner-y2009m7d22-See-what-laughter-can-do-for-you>

Allen Klein quoted in July '09 issue of PrimeTime Cape Cod, page 6.

### THE WORRY FACTOR

How not to make money anxieties worse...

<http://www.primetimecapecod.com/>



## Humor Research:

### [When Humor Humiliates For gelotophobes, even good-natured laughter ...](#)

Science News - USA

While recent studies provide a basis for understanding gelotophobia, scientists say the research is still in its infancy...

### [Ha! Laughter comes in two types, study says](#)

msnbc.com - USA

And though we associate laughter with humor, a large proportion of laughs aren't in response to anything remotely funny. Rather, they are often just...

The monthly, members-only, e-zine keeps AATH members updated on the latest developments in the world of applied and therapeutic humor.

Each link will open a new window for anything outside the AATH website. All web links below have been carefully checked and worked at the time of publication. If the link does not take you to the listed article, please contact the owners of that website about finding that article.

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## HUMOR in the NEWS:

### [Government Humor Specialist Job Is No Longer Available](#)

The Treasury Department has decided that it no longer needs a humor specialist for its Bureau of Public Debt. The department had been advertising the position for about a week, but announced this morning the job was no longer required.

<http://www.foxnews.com/story/0,2933,533653,00.html>

### [Healing With Humor](#)

Washington Post - United States

It helped that his fellow Marines dished it out in the physical therapy room as if they had never left the front lines. He loved how the sad, tragic place...

### [Prescription for Laughter](#)

Examiner.com

If you would like to experience the various health benefits of laughter, try this simple exercise, from body-mind fitness pioneers and creators of the Nia...

### [Laughter yoga — it's no joke](#)

Addison County Independent - Middlebury,VT,USA

In the class, they learned about the history of laughter yoga, the health benefits, and all of the exercises they would need to use to run a session...

### [Laughing About Fibromyalgia & Chronic Fatigue Syndrome](#)

About - News & Issues - New York,NY,USA

When you have fibromyalgia (FMS) or chronic fatigue syndrome (CFS or ME/CFS), it can be hard to keep a sense of humor. Now and then, we need to make sure...

### [Tips for protecting your new marriage](#)

Examiner.com - USA

Laugh. Laughter is important in life and in marriage. It can provide a buffer to the negative impact stress can have on a newly married couple.

### [Health through humour and happiness](#)

The Sun Daily - Malaysia

It may be the most important health factor in your life," said Adams, a well-known speaker on wellness, laughter, humour, health care and the health care...

### [Stress Relief By Laughter](#)

Alternative Health Journal - Santa Monica,California,USA

... was administered, those exposed to humor perceived less pain when compared to patients who didn't get a dose of humor as part of their therapy...

### [Laughter is the Best](#)

13WHAM-TV

Just like you would eat certain foods to maintain good health or have a healthy lifestyle, she says laughter is important too. She says any little thing you...

### [Laughing at stress can be helpful](#)

Examiner.com

So, why does using humor tend to lead to us liking our job more? Apparently, at least from this research,

humor forces the person to take a broader view...

### [Ideas for self-care for mind and spirit](#)

Examiner.com - USA

Laughter increases endorphins and has many other scientifically proven benefits. Here is an article on the healing benefits of laughter...

### [Laughter yoga instructor to begin work with cancer patients](#)

Pittsburgh Tribune-Review - Pittsburgh,PA,USA

"When you think about the physiology of laughter, it makes sense that it would improve your health," Plank said. "When you're laughing deeply...

### [Clowns show laughter can be best medicine](#)

Georgia Straight - Vancouver,British Columbia,Canada

Instead, Hooson brings his act to children's wards in places like the BC Children's Hospital, Sunny Hill Health Centre for Children, and Canuck Place...

### ['Jolliologist' leaves 'em laughing in Succasunna](#)

NJ.com - NJ,USA

Diana Perez, a certified laughter leader and coiner of the term jolliologist, brought her "Laughter for the Health of it" class to the Yoga West Holistic...

### [10 Natural Antidepressants to Boost Your Spirits](#)

Huffington Post - New York,NY,USA

Have a good laugh. Have you ever noticed the physical response you sometimes have after a good laugh? Studies show that laughter fights the onset of...



## The World of HUMOR

### [Good relations with family, job satisfaction make people happiest](#)

Indian Express

The annual UMR Research happiness survey involving almost 15000 New Zealanders over the age of 18 showed that even socialising, having a sport, hobby...

### [Humour at the workplace](#)

New Vision - Kampala,Uganda

Robert, whose findings have been published as a chapter in the journal, Research in Personnel and Human Resources Management, says evidence shows humour is...

### [New Research Measures Mood](#)

Medical News Today (press release)

In other words, a happiness sensor. His was just a daydream. In practice, for decades, social scientists have had a devilish headache in trying to measure...

### [On the Job, Off the Clock](#)

Human Resource Executive Online - Horsham,PA,USA

... would be helpful, as well as ways to help [employees] focus and stay engaged, such as stress reduction, humor and some community building," she says.

### [Happiness boosters](#)

Examiner.com - USA

Research has proven that the effect is calming, markedly reducing blood pressure and increasing a sense of well-being. When was the last time you bought...

### [Positive Emotions Increase Resilience, Happiness](#)

PsychCentral.com - Boston,MA,USA

By Psych Central News Editor Cultivating daily positive emotions can help build resilience and increase a person's happiness according to new research...

### [Health checkup: Self-talk](#)

Rochester Democrat and Chronicle - Rochester,NY,USA

Studies show, and many of us recognize, that laughter, a positive mindset and seeing the glass as half-full increase our feeling of well-being and success...

