



Awakening the Laughing Buddha within

Joe Hoare

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Awakening the Laughing Buddha within Joe Hoare

This book is a pioneering & unique blend of Taoism with the healing power of laughter. It helps you stay upbeat in a crazy world, so you live a rich, fulfilled, happy life on your own terms. It combines laughter readiness with laughter yoga, nls: natural laughter skills with laughter the best medicine. It is a story, a manual, and a guide to help you awaken your own laughing Buddha within and live a life of fulfillment and delight. By following the progressive set of simple exercises you boost your physical & emotional health, ease stress & depression, and develop an open-hearted connection with yourself and others.

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