



Laughter Yoga Activities Guide For Health and Healing

"Against the force of laughter nothing can stand."
- Mark Twain

"Laughter is the shortest distance between human beings."
- Peter Davison

Courtesy of Peter Davison
Motivational Speaker
www.peterdavison.ca

HEALTHY WELLNESS AND LIFESTYLE CHOICE

Recommended Daily Regime to Lighten Up

10 minutes of singing, 10 minutes of smiling, 20 minutes of dancing, 20 minutes of laughing

Don't you think it's rather backwards how we can walk in a room and greet people like we are the walking dead and nobody notices yet if we enter laughing people look at us like we are crazy?

When you laugh with people you bring the best of yourself.

Laugh with other people they are being the best that they can be.

Truly laughter is our universal language on the planet.

Laughter is the shortest distance between people.

PHYSICAL BENEFITS

- **Feel-good hormones.** Laughing leads to the release of endorphins, a self-manufactured natural opiate that has been scientifically shown to carry messages of attachment and bonding (the scientific terms for love), and to stimulate feelings of caring and forgiveness in addition to acting as a natural painkiller. Endorphins create a positive state of mind and boost optimism, self-confidence and feelings of self-worth.
- **Blood & all major organs are fully oxygenated leaving us bursting with energy.** Lloyd (Journal of General Psychology, 1983) showed that laughter is a combination of deep inhalation and full exhalation, inspiring excellent ventilation, wonderful rest and profound release. Increased circulation helps flush the organs of waste products, helping us to operate at peak performance.
- **Our lymphatic system is massaged and our immune systems boosted.** Laughter causes an "internal jogging" that massages the internal organs and promotes circulation to the digestive and lymphatic systems.
- **Strengthens the immune system.** Laughter deepens the breath, which is shown to increase lymphatic flow, which in turn is already thoroughly documented and proven to boost the immune system with fast increases in levels of anti-viral and anti-infection cells (including the so-called "natural-killer" cells which help fight cancer). Laughter also increases the levels of immunoglobulin, the first line of defense protecting us against viral infections such as coughs and colds. Immune, digestive & sexual systems that are switched off by stress are switched on
- **Promotes cardio-vascular health.** Blood pressure drops and pulse rate drops after a big laugh
- **Depression is lifted, even chronic depression is often cured** (watch the video testimonial for Laughter Yoga of a leading American Psychiatrist).
- **Anti-aging formula.** Many older Laughter Yoga practitioners claim that the facial exercise of laughter reduces wrinkles and sagging by firming and toning facial muscles, making them look (and if anything else "feel") younger. Overall exercise is known to slow down the aging process and Laughter Yoga is a fun and easy exercise for all age groups.
- **Catharsis.** By enhancing the free flow of emotions, laughter can help dislodge blocked emotions stored in the body. Suppressed or blocked emotions can cause ongoing physical, mental and emotional problems. Their release can be life-changing. Laughter provides an excellent non-violent method for emotional release and catharsis

WHOLISTIC BENEFITS

Laughter makes it easier to cope with life and its challenges.

- **Laughter puts us intensely in the moment.** The ability to fully live and experience the “now” is of utmost importance because it is the only moment where we can experience happiness.
- **People who laugh don’t worry as much as people who don’t laugh, and as such enjoy life more.** Laughter makes their circumstances seem less serious and therefore tolerable. A playful approach to everyday things is a key factor in keeping healthy. Daily chores are less burdensome when we laugh while doing them. We aren’t always having fun, but we do have a lot more fun with laughter than without.
- **Improved emotional intelligence.** In children social play is critical to the development of social skills and emotional intelligence. Restricted play results in deficient social skills which can lead to life-long physical, mental, emotional and social problems. Laughter promotes childlike playful behavior. New research shows that playful adults continue to learn social skills and improve their emotional intelligence.
- **Laughter makes us feel good because it defuses three of the most painful emotions (fear, anger and boredom) by releasing them.** That release, in turn, prevents or stops conflicts, eases tension, and helps people to see one another’s point of view better.
- **Laughter lifts us up and makes life worth living.** You experience that elusive state of being called relaxation. It makes us stress less and enjoy the company of other people more.
- **Laughter Yoga aims to develop joyfulness, not happiness.** In contrast to “happiness”, “joyfulness” is the unconditional commitment to have fun despite all of the possible problems that we are faced with in life. Joyfulness is primarily a physical phenomenon. “You fake it until you get it”. The decision may come from the brain, but the process is physical. Because the body and the mind are so closely inter-connected, when you “do good” you “feel good”. “Motion Creates Emotion”. Being joyful / “doing good” actually changes the body chemistry and fosters a healthier state of being

Laughter builds self-confidence

- **Laughter puts us in control of our own emotions.** It helps us cope with challenge and conflict better because it gives us a better perspective. It shrinks the hurts of everyday life to a smaller, if not inconsequential size. It allows us to stand above an issue, acknowledge it, and treat it lightly in the awareness that we are touched by the issue but not contained by it. If we are able to laugh about serious things, they simply can’t be that huge.
- **Any form of laughter is successful, yours included.** The only requisite for you to succeed in Laughter Yoga is to decide to laugh no matter what. You are doing it for yourself, not to impress others. You laugh with them, not at them.
- **Laughter makes us feel safer and eases much of our awkwardness.**

- **Laughter puts anxiety on a back burner for everyone.** We can't laugh and worry at the same time. When we release anxiety (a product of the mind) through laughter, our love (the nature of our heart) surges to the surface and we are able to fully experience and enjoy it.
- **When we laugh with others, we ourselves are fun, and we provide good company.** Regular doses of laughter and play also take the work out of staying in love for a lifetime.
- **Laughing for no reason makes us more likeable** because it minimizes our need to gain self-confidence by analyzing and judging other people.
- **When we laugh with others, criticism seems to collapse.** We are able to let them be themselves and enjoy them even more for that.

Laughter is an important social skill that keeps communications fun

- **Laughter interrupts the power struggle.** It is really hard to lock down in conflict with someone when you are laughing. When people enter a power struggle and let playfulness drop by the wayside, they lose touch with their laughter, their trust in life and others.
- **Laughter allows people to be more open with each other** because it creates safety, and issues don't seem as awesome.
- **Laughter breaks down the instinctive barriers between people** and allows them to trust each other. The fears most of us have about other people are rooted in the past. We lose them when we laugh and fully experience the present.
- **Laughter Yoga is a pathway to unconditional love.** Loving with the mind is a two way street (I love / I hate and everything in between). Loving with the heart is only a one way street: I love, I love, I love. Also, the bonding qualities of laughter allow us to feel such emotional closeness that we want to be physically and spiritually close as well. It is something deeper than just biology. It is a part of the mystery of laughter that we have yet to solve.

SUMMARY

Laughter releases endorphins, giving us the 'feel good factor'

Acts as aerobic exercise and is like 'internal jogging'

Unleashes inhibitions, breaks down barriers

Great team building tool encourages better communication

Helps boost our immune system which helps us resist disease

Tones muscles, improves respiration and circulation

Encourages positive thinking and creativity

Relaxes the whole body by reducing stress and tension

LAUGHTER YOGA SESSIONS

Guidelines

NOTE: The physical act of laughing is different from humour, jokes and situations that evoke laughter because humor is subjective, not everyone finds the same things funny or laughable. The physical act of laughter on the other hand is objective in that it crosses all boundaries of race, culture, gender, socio economic status, etc.

Before a laughter session, please keep the following 5 important things in mind:

No New Pain - Respect your body. Nothing should be painful nor even less uncomfortable. In doubt don't do it or ask your physician.

Fake Till You Make It - Whether you genuinely laugh or not makes little difference. The brain believes what you tell it! Either way you will breathe a lot and benefit from the exercise.

Maintain Eye Contact - This is very important. It helps keep your mind into the "here now". Also, laughter is visually very contagious.

Please Refrain From Talking - No jokes please. Talking / joking sabotages and distracts from your own laughter potential. Let it flow freely.

Act happy and energetic! - A joyful spirit is noisy! Move around. Smile. Interact with others. Act happy and energetic and let us hear it! Acting this way will make you feel just like it. (see fake it till you make it!)

5 to 10 Minute Program

We are now going to exercise our laughter muscles. It's easy and it's fun!

5 ways to laugh - repeat after me

1. Groin – Hands on hips and bounce on your feet each time 1. Huh! 2. Huh Huh! 3.Huh Huh Huh!
2. Stomach – Imagine you've got the job of Santa and grab your jolly belly. 1. Ho! 2. Ho Ho! 3.Ho Ho Ho!
3. Heart - Ha sound at heart level by flicking fingers off the chest each Ha. 1.ha ha ha ha ha ha
4. Throat –Flick flat hand s away from the throat like a karate chop make higher pitch 1. He! 2. He He! 3. He He He!
5. Mouth – Who sounds by rounding the lips. 1.Who! 2. Who Who! 3. Who Who Who!

PUT THEM ALL TOGETHER in groups of three
 HUH HUH HUH HO HO HO HA HA HA HE HE HE WHO WHO WHO
 Everyone try at their rate.

We will practice and repeat three different types of exercise and progressively add a lot of childlike playfulness into it. First we will clap, then we will take a deep breath, then we will laugh.

(Demonstrate the following)

- The clapping is hands on hands with full contact. Swing your hands left and right as you clap and chant “ho ho ha ha ha”. Let’s try this all together now (do it 2 or 3 times). Very good! Remember: whenever you hear me clap please clap with me. It means it is time to move on.
- The breathing is easy: breathe in and smile as you lift your arms up, breathe out as you relax. Let’s try this all together now (do it 2 or 3 times). Very good!
- Laugh – A. Bend again on the exhale but titter “Tee Hee;” C. Repeat steps using light laugh or chuckle; D. Laugh or Hah Ha; E. Laugh deeply on exhale, “Ho Ho” and lastly F. Slap your knee as you bend over and let ‘er rip!

10 to 30 Minute Program

Breathing Techniques

Slow and rhythmic breathing techniques with movement of the arms help to bring about both physical and mental relaxation

Take as deep a breath as you can, simultaneously raising your arms up towards the sky as you inhale. Once you have reached the end of your inhalation, tuck your buns under and force 3 more puffs of air into your lungs

Hold your breath for 4-5 seconds while smiling at the same time.

Release your breath slowly and rhythmically as you bring your arms back to normal position.

Laugh once you have reached the end of your exhalation to completely empty your lungs.

You can breathe out through the nose or preferably through the mouth by pursing the lips, as if whistling silently.

You may want to add healing and helping words to the movement, for example say:

Inhalation / Exhalation
Forgive / Forget
Live / Let live
We care / We serve
Release/Heal

Variations:

- * Same but making a humming sound on the way down
- * Same but making a high pitch sound on the way up and a humming sound on the way down
- * Keep your hands above your head in prayer position and take 3 full deep breath
- * Hands above head, elbows bent, hands in prayer position behind head, take 3 full deep breath
- * Hands interlocked below chin, elbows touching, lift elbows up as you breathe in (chin does not move and is used as an anchor), and then pivot head back as you breathe out, bringing elbows back down to starting point.

Exercises

1. Clap Alone

Clap to the left, 2 times high and 3 times low. Clap to the right, 2 times high and 3 times low. Repeat three times. Option to add ho ho - ha ha ha as you clap.

(It is recommended to punctuate the end of each activity by clapping and saying several times "ho ho ha ha ha" and after the group picks it up raise arms up and say, "Very Good, Very Good, Yah!")

Variations to clapping alone include:

- clapping in your hands 1-2 (ho ho) and then beating your chest 1-2-3 (ha ha ha), similar to what a gorilla would do. You can of course try the same thing in the reverse order clapping in your hands 1-2 (ho ho) and then clapping on your abdomen, buttocks, thigh, or anywhere else you think is appropriate 1-2-3 (ha ha ha)
- clapping in your hands first 1-2, and then on your thighs doing a funny rhythm in fast motion, e.g. (if you are right handed) right - left - right - left - right. If your coordination is good try the same thing with your feet.
- A great variation is the "cha cha" laughter: you clap in your hands 1-2 (ho ho) and then swing your hips 1-2-3 (cha cha cha)

2. Greeting

It is always good to start the laughter session with a greeting laughter as it helps to connect the group through shaking hands and eye contact. Introduce each other speaking only in jibberish.

There are many different ways to greet. The most in the West is by giving a handshake: in this laughter exercise one can shake hands and looks into the eyes while laughing gently. The Indian way of greeting is to join both the hands (Namaste Laughter). Alternatively, a group can do the greetings gestures from different cultures and laugh at the same time. There could also be many other ways of greeting, according to the region, state or country.

Greet one another in as many cultural styles as you want.

Leader punctuates each activity by walking around clapping and saying several times "ho ho ha ha ha" and after the group picks it up raise arms up and say, "Very Good, Very Good, Yah!"

3. Picking Flowers

Bend over and mime picking a flower and inhale deeply sniffing the flower and exhale with long aaahhhh. Reach to left side then the right

4. Vowels

Right hand slowly pick up letter A aaaaaa and toss A!

Left hand slowly

Right hand pick up letter A aaaaaaaaaa toss A!

Build up soft to loud as pick Eeeeeeeeeee toss E

Continue with I O U

Sometimes Y? Actually always ask why? A. Because it's fun and foolish

5. Around the World with Santa

Arms out in a big hug with big belly and bent knees deep with a deep Ho, Ho, Ho!

6. Embarrassing Scenario

Laughter Recall an embarrassing incident and retell it IN GIBBERISH (a language that has no meaning), laughing at the end or throughout. For example, demonstrate a story of raising your hand while in the middle of a very large meeting and say the gibberish equivalent of : “I want to say something but I seem to have forgotten what”, then laugh hysterically out of embarrassment or nervousness.

7. Evil Laughter

Rub your hands while laughing in a mischievous way. Dr Evil

8. Electric Shock Laughter

Imagine that everything you touch gives you a shock of static electricity (shaking hands, touching the wall, touching your shoes, etc.)

Jump each time it happens (and make it happen a lot, engaging people with a smile and then jumping backward the second you touch them, and vice-versa).

9. Hearty Laughter

To initiate the hearty laughter exercise, the anchor person gives a command 1,2,3..., and everybody starts laughing at the same time. It builds up a good tempo and the effect is much better than it would be, if different members laugh with different timings.

Spread the arms up, pointed to the sky, with head tilted a little back or with chin raised; laugh heartily. Direct your laughter to come straight from your heart.

One should not keep the arms stretched up all the time during a hearty laugh. Keep the arms up for a while and bring them down and again raise them up.

At the end of a hearty laugh, the anchor person starts clapping and chanting Ho-Ho Ha-Ha-Ha 5-6 times. That marks the end of a particular kind of laughter. This is followed by two deep breaths.

One meter laughter, Milkshake laughter, Argument laughter, Mobile Phone laughter, Hot Soup laughter, Shy laughter, Swinging laughter, Dancing laughter, Spring Doll laughter and many more.

10. Applause Laughter

Begin clapping quietly and politely making hmmm (approval) sounds, as you would at a school speech night when you don't know the child receiving the award. Suddenly you know the child on the stage so you clap louder and faster with giggles and sounds of approval, looking around at other 'parents' and nodding with recognition. Now it is your child on the stage so you cheer and clap and wave your arms above your head being as loud as you can.

11. Lion Laughter

This particular laughter has been derived from a Yogic posture known as Simha Mudra (Lion Posture). In the Lion Posture, the tongue is stuck out fully, while keeping the mouth wide open. With eyes wide open, the hands are stretched like the paws of a lion and roaring like a lion is followed by laughter coming from the belly.

Lion Laughter gives very good exercise to facial muscles, the tongue and throat. It removes inhibitions and is good for strengthening of the throat. It also improves blood supply to the thyroid gland.

12. Engine Laughter

Start an "engine" in four laughs:

Ha, ha ha, ha ha ha, ha ha ha ha ha ha ha

Once started you can do the physical motions you would do if your "engine" was indeed working.

You can drive the "engine" around the room acting as a car, a lawn mower, a boat engine, a racing bike, etc.

13. Animal Poop Laughter

Imagine that you just stepped into dog poop and wipe your feet laughing.

There are many variations to this exercise (all include plenty of faked laughter of course):

- * imagine you have to pick up your dog's poop and put it in a plastic bag with great disgust.
- * close your nose as if the smell of animal poop was too much to bear
- * behave like a veterinarian meticulously observing and commenting (in gibberish!) on animal poop as if it was of great interest. This can lead to friendly and "scientific" nods / agreements or disagreements between the members of your group.
- * push the dog poop away with your feet

14. Airline Safety Instruction Laughter

One of the first thing that you are being told when you take a plane are the safety / emergency instructions. Imagine you are the air-hostess and have to instruct the passengers:

point down the corridor with both hands laughing; show the exit doors laughing, demonstrate how to use the oxygen mask laughing; remind people to put their seat-belt on laughing.

Once you are done, invite your group to do this whole sequence in another language, such as French, Chinese, Russian or anything else you want (of course everybody laughs the same in all languages)
Variation: you can have all the people in your group "instruct" in a mix of gibberish (a language that has no meaning) and laughter.

15. Argument Laughter

This laughter is a competitive kind of laughter between two groups separated by a gap.

Two groups look at each other and start laughing by pointing their index fingers at the members of the other group. Usually, the women are on one side and men on the other. This is also quite enjoyable and amusing.

16. Apology / Forgiveness Laughter

Immediately after argument laughter is the time for the apology / forgiveness Laughter. The message behind this laughter is that if you fight with somebody you must apologize. It is important to say "I am sorry". In the apology / forgiveness laughter, participants are invited to behave however they would like to behave if they were truly apologizing to someone or asking for forgiveness.

One popular way is to hold both their ears lobes, by crossing the arms and they then bend at the knee and laugh.

17. Sing a Fun Song (to the tune of "Momma's Little Baby Loves Shortening Bread")

Teach the song one line at a time

Every little cell in my body is happy
Every little cell in my body is well
Feel so good feels so swell

Tap up head, body, legs or shoulders etc.

18. "Good Job" Laugh

Give each other "thumbs up" and "high five", whilst laughing together.

I use this laugh at the end of a session, as a way for the group to thank and congratulate each other.

Optional: Belly Laugh Stages

When was the last time you had a good belly laugh? Here are the five steps if you can't remember:

1. Smile, practice this
2. Squint eyes and raise eyebrows, practice this
3. Jaw drop, practice this

Try these three all together

4. You've heard the expression laugh till ya leak, well bend like you might at the waist

Combine first 4 steps then add in step 5

5. Auditory deep laugh/cackle

Repeat as necessary

20 to 30 Minute Program

Each bout of laughter should last for 30-40 seconds, followed by clapping and “ho ho ha ha ha” exercise. Take two deep breaths after every laughter exercise.

Leader punctuates each activity by walking around clapping and saying several times “ho ho ha ha ha” and after the group picks it up raise arms up and say, “Very Good, Very Good, Yah!”

STEP 1: Clapping in a rhythm 1-2, 1-2-3 along with chanting of “Ho-Ho-Ha-Ha-Ha”

STEP 2: Deep Breathing with inhalation through the nose and prolonged exhalation. (3 times)

STEP 3: Shoulder, neck and stretching exercises (5 times each)

STEP 4: Hearty Laughter: Laughter by raising both the arms in the sky with the head tilted a little backwards. Feel as if laughter is coming right from your heart.

STEP 5: Greeting Laughter: Joining both the hands and greeting in Indian style (Namaste) or shaking hands (Western Style) with at least 4-5 people in the group.

STEP 6: Appreciation Laughter: Join your pointing finger with the thumb to make a small circle while making gestures as if you are appreciating your group members and laughing simultaneously.

STEP 7: One Meter Laughter: Move one hand over the stretched arm of the other side and extend the shoulder (like stretching to shoot with a bow and arrow). The hand is moved in three jerks by chanting Ae..., Ae....., Aeee..... and then participants burst into laughter by stretching both the arms and throwing their heads a little backwards and laughing from the belly. (Repeat 4 times).

Milk Shake Laughter (a variation): Hold and mix two imaginary glasses of milk or coffee and at the instruction of the leader pour the milk from one glass into the other by chanting Aeee....., and then pour it back into the first glass by chanting Aeee..., after that everyone laughs making a gesture as if they are drinking milk. (Repeat 4 times).

STEP 8: Silent Laughter (without sound): Open your mouth wide and laugh without making any sound and look into each others' eyes and make some funny gestures.

STEP 9: Humming Laughter (with mouth closed): Laughter with closed mouth and a humming sound. While humming keep on moving in the group and shaking hands with different people.

STEP 10: Swinging Laughter: Stand in a circle and move towards the center by chanting Aee...Ooo...Eee...Uuu...

STEP 11: Lion Laughter: Extend the tongue fully with eyes wide open and hands stretched out like the claws of a lion and laugh from the tummy

STEP 12: Cell Phone Laughter: Hold an imaginary mobile phone and try to laugh, making different gestures and moving around in the group to meet different people.

STEP 13A: Argument Laughter: Laugh by pointing fingers at different group members as if arguing.

STEP 13B: Forgiveness / Apology Laughter: Immediately after argument Laughter catch both your ear lobes and laugh while shaking your head (Indian style) or raise both your palms and laugh as if saying sorry.

STEP 14: Gradient Laughter: Gradient laughter starts with bringing a smile on the face, slowly gentle giggles are added and the intensity of laughter is increased further. Then the members gradually burst into hearty laughter and slowly and gradually bring the laughter down and stop.

STEP 15: Heart to Heart Laughter (Intimacy Laughter): Come closer and hold each others hands and laugh. One can shake hands or hug each other, whatever feels comfortable.

CLOSING TECHNIQUE: Shouting 3 Slogans:

"We are the happiest people in this World" Y.....E.....S

"We are the healthiest people in this World" Y.....E.....S

"We are Laughter Club members» Y.....E.....S

In the end all the members should stand with their eyes closed for one minute with their arms spread upwards, hoping for world peace.

How To End A Laughter Session

There is no right and no wrong way of doing this. When and where you meet as well as how much time you have define what you can do. Experiment! The following works well after 30 min. of laughter:

Floor Laughter Exercises: 10-15 minutes

If you can, we urge you to do it. This is the best part of any laughter session because this is when the most people usually choose to "let go" and truly laugh. Sit down first for one or two more laughs, then (if space allows) lay on your back and laugh some more.

Grounding Technique: 1-2 minutes

This is especially useful when you laugh in the evening. Laughter exercises will both relax and energize you. They can sometimes be too much for some people who might then experience difficulties in getting to sleep. The most efficient grounding technique we use is the humming bee breath. It can be done in any position (laying, sitting, standing.)

Group Prayer For Peace

Invite all to lift their right arm up, palm facing up, and touch the floor with their left hand. They are now connecting the heavens and the earth. Bring in harmony, healing, love, peace, strength, wisdom through your right hand, and send it out to the Earth through the left, and through the Earth to anybody anywhere where we feel it is most required.

Positive Affirmations

I am going to affirm with conviction a few positive, empowering statements – for example "We are amazing!" - and then shout a loud "YES!" after each one as I thrust my arms in the air. Note that this is not a "Yes" or "Yeah". It's a "YES!" (*shout*) and it comes with real conviction because I believe in it! Please shout "YES!" with me each time if you believe in it too. I will do 2 affirmations and then you are welcome to do one too if you want. If you do PLEASE do not try to be funny or even remotely entertaining. This is not the place. Only positive and truly empowering statements please, e.g.:

I accept peace and joy
I am free
I am loveable
I am powerful
I am worthy
I breathe in abundance
I make every act an act of love
I open to the gifts of the Universe
Today is an opportunity for peace
Yes to Life!

Feedback / Q&A / Announcements

This is a good time to invite participants to share their experience or anything they'd like to share, ask questions or make an announcement.

Appreciation Moment

This is the very last thing we do. Everybody stands up and comes closer to you. Invite all to thank whoever they want, however they want, for being here. Give the good example yourself and thank someone.

RESOURCES

<http://peterdavison.ca/laughmore.html>

<http://www.laughteryoga.us/how-to-laughter-session.php>

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

www.laughteryoga-canada.org

FACING FEELINGS



AGGRESSIVE



AGONIZED



AMUSED



ANGRY



ANXIOUS



APATHETIC



APOLOGETIC



ARROGANT



ASHAMED



BASHFUL



BLISSFUL



BOASTFUL



BORED



CAUTIOUS



COLD



COMPETITIVE



CONCENTRATING



CONFIDENT



CONFUSED



CONNIVING



CONTEMPT



CONTENTED



CRANKY



CREATIVE



CURIOUS



DELIGHTED



DEMURE



DEPRESSED



DETERMINED



DISAPPOINTED



DISAPPROVING



DISGUSTED



DISTASTEFUL



DOMINEERING



EAGER



EAVESDROPPING



ECSTATIC



EFFICIENT



EGOTISTICAL



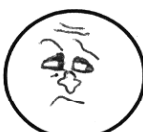
EMBARRASSED



ENRAGED



ENTHUSIASTIC



ENVIOUS



EXASPERATED



EXERCISED



EXHAUSTED



EXPECTANT



FIENDISH



FORGETFUL



FRIGHTENED



FRUSTRATED



GOSSIPY



GRATEFUL



GREEDY



GRIEVING



GUILTY



HAPPY



HELPFUL



HELPLESS



HOMESICK



HOPEFUL



HORRIED



HOT



HUNGOVER



HURT



HYSTERICAL



IDIOTIC



IMPRESSED



INDIFFERENT



INFATUATED

FACING MORE FEELINGS



IRRESISTIBLE



INNOCENT



INSECURE



INSIGNIFICANT



INSPIRED



INTERESTED



JEALOUS



KIND



LAZY



LOADED



LONELY



LOVABLE



LUSTFUL



LOVESTRUCK



MARTYRED



MEDITATIVE



MELLOW



MISCHIEVOUS



MISERABLE



NAUSEATED



NEGATIVE



NERVOUS



NOBLE



NONCHALANT



NOSTALGIC



OBSTINATE



OPTIMISTIC



OVERWORKED



PAINED



PASSIVE



PARANOID



PERPLEXED



PRESSURED



PRUDISH



PUZZLED



REGRETFUL



RELIEVED



RESENTFUL



SAD



SATISFIED



SKEPTICAL



SCHEMING



SEDUCTIVE



SHEEPISH



SICK



SHOCKED



SMUG



SOPHISTICATED



SUCCESSFUL



SULKY



SURLY



SURPRISED



SUSPICIOUS



SYMPATHETIC



TALKATIVE



TEMPTED



TENDER



THOUGHTFUL



THREATENED



TIMID



TIRED



TRANSCENDED



TRIUMPHANT



TURNED-ON



TWO-FACED



UNDECIDED



UNEASY



VULNERABLE



WITHDRAWN



WORRIED



Resources Available

Books/Self-Study Guides	Price	Quantity
<p>Leadership and Self Deception: Getting Out of the Box <i>How self-deception kills performance and what you can do about it.</i></p>	\$19.95	_____ <i>Leadership</i>
<p>The Anatomy of Peace: Resolving the Heart of Conflict <i>See people as people and stop perpetuating the problems we are trying to solve.</i></p>	\$19.95	_____ <i>Anatomy of Peace</i>
<p>Healthy Relationships Program <i>A critically-acclaimed violence-prevention guide featuring over 50 activities.</i></p>	\$69.95	_____ <i>Healthy Relationships</i>

Audio CD's

<p>How to Wake Up Happy and Do What You Love! – Audio CD with Study Guide <i>Your days are your life in miniature, rise and shine!</i></p>	\$19.95	_____ <i>Wake Happy CD</i>
<p>How to Deal With Difficult People for Good! – Audio CD with Study Guide <i>What if other people are not failed attempts at being me?</i></p>	\$19.95	_____ <i>Difficult People CD</i>
<p>Disk 1: Inspired Living – Disk 2: Fulfilling Work <i>A double disk set featuring the infamous chocolate meditation and other insights!</i></p>	\$19.95	_____ <i>Inspired Insights CD</i>

Video DVD's

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Peter Davison is an international motivational speaker and training leader whose tales and tools enrich relationships, deepen engagement and promote productive attitudes for the greater good.

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