

Laughter is the most fun way of protecting your health. In view of the fact that 70 per cent of all illnesses are stress-related and 40 per cent of the EU population suffers from depression, it stands to reason that preventative countermeasures are called for. There is a very cheap and simple remedy, which is available to everyone – regular laughter makes for a cheerful disposition, enabling us to confront daily challenges with greater equanimity. Laughter is a universal language which is appreciated all over the world.

In schools where children are allowed to give free reign to their laughter, they learn more easily and quickly. In companies where laughter is part of the corporate culture there is a marked increase in creativity and productiveness, as well as significantly less workplace bullying, employee turnover and conflict.

→**The message is: by means of a simple measure such as laughter, we can reduce stress levels and protect our health.**

Ellen Müller, born in 1952, is a laughter coach as well as an instructor of yogic laughter. She trained as an individual and team coach at the Hernstein International Institute for Management and Leadership near Vienna, and also as a yogic laughter instructor with Dr Madan Kataria, an Indian physician who has dedicated himself to the in-depth study of yogic laughter for many years. She has been holding seminars on yogic laughter as an independent instructor since 2004.



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LAUGH AND THE WORLD LAUGHS WITH YOU

Yogic laughter – the path to joyful serenity

Approx. 160 pages, 14,6 x 22,0 cm

Hard cover with dust jacket

ISBN 978-3-85436-404-7