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emotions or events it may also be a symptom of an underlying condition therapy may help if you find nervous
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london neuroscientist and part time stand up comic prof sophie scott reveals 10 it sends signals that
control involuntary actions like breathing as well as voluntary actions like walking or laughing when those
signals go awry due to conditions like a chemical imbalance an abnormal growth in the brain or even a birth
defect they can cause bouts of odd laughter some ways to incorporate more laughter into your life talk to a
friend with a good sense of humor retell a funny story from the past or play a practical joke on a good
friend or family member need another idea spending time around children or pets is typically a surefire way
to ramp up the laughter do you find it hard to laugh

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