

# Glenn's 40 Laugh Life Principles

1. Laughter is God's Gift
2. Laugh at Yourself First
3. Use Humor to Make a Difference
4. Laugh at Your Failures
5. Great Humor is Always Clean
6. The Way You Live Your Life Influences Others
7. Make Your "Mama" Proud
8. Laughter Never Killed a Laboratory Rat
9. Use Only Respectful Humor
10. Laugh at What You Do, Not Who You Are
11. Laugh With Others Not at Them
12. Hear Others but Trust Your Gut
13. Make a Stranger Laugh Today
14. Dance to the Music That's in Your Head, Not on the Radio
15. Laughter Silences Disputes
16. Share Laughter with Others
17. Laughter is a Survival Tool
18. Laughter is the Universal Language
19. Couples that Laugh, Stay Coupled
20. Laughing Heals
21. Laughter Makes Work Enjoyable
22. Laughter's Free and it Feels Good
23. Be Happy with Who You Are
24. Enjoy Life Don't Just Endure It
25. Laughter is the Glue for Relationships
26. Make Laughter a Part of Your Daily Exercise
27. Everyone Enjoys Laughing
28. Laughter Brings Out Your Inside Beauty
29. Laughter Has Power
30. Paper, Rocks, Scissors ... Laughter Wins
31. Friends that Laugh Grow Old Together
32. Laugh When You Loose
33. It's Hard to Be Mad at Someone that Makes You Laugh
34. Take Time to Laugh
35. Learning is Easier When You Laugh
36. Families that Laugh, Stay In Touch
37. If You Can Laugh, You're Not Poor
38. Laughter Can Heal a Broken Heart
39. God Wants You to Laugh
40. Laugh Hard, Sleep Well