

Taking Laughter's Medicine

I once heard a profound quote: Love makes the world go around, but it's laughter that keeps us from getting dizzy.

✖ Many people living today take life too seriously. As a result he or she can grow sick of the stresses and circumstances that one may encounter during a lifetime. Laughter is like a cheap medicine. It eases our tensions and makes us feel everything will work out fine. Laughter is a gift we can give to ourselves and to others.

American

cartoonist Charles Schultz is a man who helped people learn to laugh through his comic strip, *Peanuts*. Although Schultz encountered tremendous difficulties in life, he continued to make his audience laugh at their mistakes. He discovered a secret that helped people persevere through their mistakes and failures. The secret was to learn to laugh at themselves. "If I were given the opportunity to present a gift to the next generation, it would be the ability for each individual to learn to laugh at himself."

Think about all the mistakes and failures you have made. Now, remember how six months later you were able to laugh at those mistakes. Life is not always perfect. Use Schultz's idea to create a great future. Give yourself a gift. Give that gift to others. Now is a good time to laugh your way into a great future.