

Download The Levity Effect Why It Pays To Lighten Up

Scott Christopher is co-author of the best selling book "The Levity Effect: Why It Pays to Lighten Up" and author of the pretty good selling "People People." Die moderne Sage vom Leuchtturm und einem Kriegsschiff geht auf Anfang der 1930er Jahre erschienene Witze- und Cartoonsammlungen zurück und kursiert seit den 1990er Jahren im Internet. It's important to have fun at work. Traditional wisdom states the following: "Work is not supposed to be fun. That's why it's called work." The Mayo Clinic also attests to the health benefits of laughter. It's like blueberries, a daily walk and meditation rolled into one. "When you start to laugh, it doesn't just lighten your load ...