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Sommario/riassunto	Do you experience stress? Are you interested in better health and well-being? Do you pursue happiness? If you answered yes to any of these questions, you need to read this book. If you answered no, you're in denial. All of us can use a little help to become happier or healthier. Unfortunately, the help we get is often too scary: "if you don't do this or that, some catastrophic event of epic proportions will happen." Prilleltensky's approach, in contrast, is to help you become healthier and happier through laughter. In this hilarious book, Prilleltensky combines humor with science to help you i