



Laugh Yourself Healthy: Keep the Doctor Away—With a Giggle a Day!

Charles Hunter, Frances Hunter

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Everyone needs to laugh-laugh more often, laugh at ourselves, and laugh at the nonsensical circumstances and situations we face every day. Humor strengthens the immune system, enabling the body to fight sickness and disease. Drawing from two lifetimes of joyful ministry, Charles and Frances Hunter have compiled some fabulous jokes, anecdotes, musings, and mind twisters to make your heart merry and speed healing to your body and soul.

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