

# Laugh Laugh Laugh

**An exercise for people who are out of shape:** Begin with a five-pound potato bag in each hand. Extend your arms straight out from your sides, hold them there for a full minute, and then relax. After a few weeks, move up to ten-pound potato bags. Then try 50-pound potato bags, and eventually try to get to where you can lift a 100-pound potato bag in each hand and hold your arms straight for more than a full minute. Once you feel confident at that level, put potatoes in each bag.

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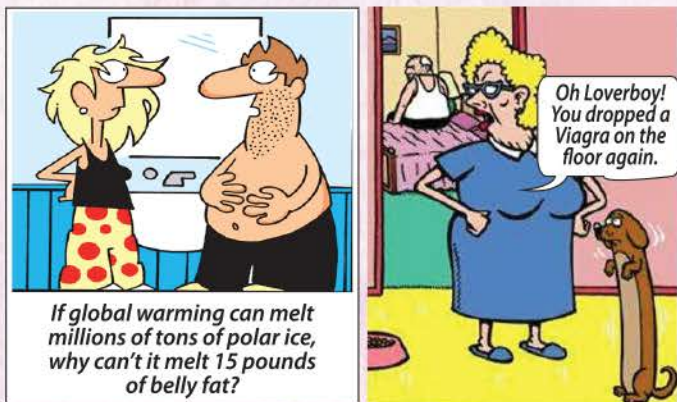
Never criticize someone until you have walked a mile in their shoes. That way, when you criticize them, you'll be a mile away, and you'll have their shoes.

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Two men meet on opposite sides of a river. One shouts to the other, *"I need you to help me get to the other side!"* The other guy replies, *"You're already on the other side!"*

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A guy goes to a pet store to buy a goldfish. The salesman asks him, *"Do you want an aquarium?"* The guy responds, *"I don't care what zodiac sign it is!"*



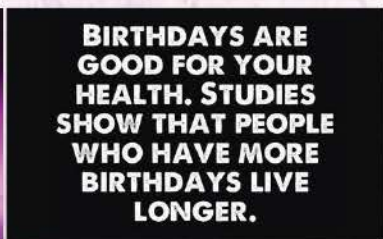
Two cows are grazing in a field. One cow says to the other, *"You ever worry about that mad cow disease?"* The other cow says, *"Why would I care? I'm a helicopter!"*

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Three brothers wanted to give their blind mom a birthday gift. The first got her a big beautiful house. The second got her a brand new luxury vehicle with a driver. The third got her a talking parrot to keep her company. When they all got together, they wanted to know which gift she liked best. She said they were all great but she thanked her third son because she liked the chicken dinner best.

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An elderly couple are in church. The wife leans over and whispers to her husband, *"I just passed a long, silent gas. What should I do?"* The husband replies, *"First off, replace the batteries in your hearing aid!"*



The only place  
**SUCCESS**  
comes before  
**WORK**  
is in the dictionary

Be thankful for  
what you have:  
you'll end up having  
more. If you  
concentrate on what  
you don't have, you  
will never, ever  
have enough.

Stevie: *Hey, Mom, I got a hundred in school today!*

Mom: *That's great, son. In what?*

Stevie: *40 in Reading and 60 in Spelling.*

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An old lady walked into a pet store, found a parrot and asked the owner if she could buy it. The owner said, *"Heck no! That parrot has a bad mouth! Trust me – you do not want that parrot!"*

She said, *"I can teach it good manners."*

But, when she got home the parrot said a bad word, so she put it in the freezer for 10 seconds.

She took it out and said, *"Did you learn your lesson?"* It said another bad word so she put it back in for 30 seconds. She took it out and asked if it learned its lesson yet.

The parrot said *"Brr... Yes, I learned my lesson, but what did the chicken do?"*

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Little Susie, a six-year-old, complained, *"Mother, I've got a stomach ache."*

*"That's because your stomach is empty,"* the mother replied. *"You would feel better if you had something in it."*

That afternoon, her father came complaining that he had a severe headache all day. Susie perked up, *"That's because it's empty,"* she said. *"You'd feel better if you had something in it."*

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A man called his child's doctor, *"Hello! My son just snatched my pen when I was writing and swallowed it. What should I do?"* The doctor replied, *"Until I can come over, write with another pen."*

TRY LOOKING AT THINGS  
DIFFERENTLY