

Peace For You Offers New Method For Daily Happiness Through Laughter

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Peace for You, a business in Tucson, AZ, is offering a new remarkable program that is designed to allow people to feel happy and experience daily joy. Additionally, the program, as can be seen on http://peaceforyouguaranteed.com/happiness/, helps people to find inner peace and full relaxation, as well as relieving anxiety and stress. The company hopes that more people will be able to live a happier, more meaningful life through these services.

"I help both individual and groups in a fun and easy way", says Jim Twomey from Peace for You. "Essentially, I run an eight week program during which participants laugh, dance, sing, play and more. Furthermore, I offer the same program using Skype or Facebook. To date, I have helped over 1,000 people find their inner happiness, which gives me happiness in turn. I hope to be able to help many more."

Twomey lives by a number of specific principles and beliefs. For instance, Lord Byron said: "Always laugh when you can. It is cheap medicine." This is something he wholeheartedly agrees with. Similarly, William James once said "We don't laugh because we're happy, we're happy because we laugh". Indeed, these types of statements made Twomey come up with his own life motto: Tthe more you laugh, the happier you will be".

This is the message he lives by in his own personal life, as well as being the message he tries to convey to other people.

As can be seen on the http://peaceforyouguaranteed.com website, Twomey has clear goals to deliver through his work. Essentially, his goal is to use laughter yoga to provide greater happiness to the people he works with. There are five main benefits to doing this, the first being that it encourages an overall better mood and more laughter. Secondly, it is a very health exercise option that fights stress. Thirdly, laughter has been scientifically demonstrated to have amazing health benefits. Next, it increases an individual's overall quality of life. Finally, it allows people to have a positive attitude in what can only be described as highly challenging times.

For Twomey, happiness is also something that should be shared. This is why he has also started a Facebook page on https://www.facebook.com/Peaceforyouguaranteed Here, he shares advice, information and guidance as well as other information beneficial to those who want to experience his tools or who simply want to achieve what everybody wants in life: happiness. Additionally, he uses his Facebook page to share success stories of those he has worked with in the past. These people have all left video testimonials describing how much the have enjoyed and benefited from the program offered by Peace for You and how much they recommend it to others.

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For more information about Peace For you, contact the company here:Peace For youJim Twomey520-363-1603peaceforyou@mail.com4713 N. 1st Ave.Tucson, Arizona 85704

Peace For you

I help individuals and groups experience happiness, health and peace. Depression, anxiety and stress are relieved. Laughter, breathing exercises, meditation and more are used.

Website: http://peaceforyouguaranteed.com/

Email: peaceforyou@mail.com

Phone: 520-363-1603

