

Introducing New Depression Treatment In Tucson: Laughter Yoga

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Tucson, AZ company Peace For You, has introduced a new method of beating depression: laughter yoga. As can be seen on http://peaceforyouguaranteed.com/depression-relief/, the company believes mild depression can be beaten in just eight weeks, without having to use any drugs. Their goal is to bring more happiness to the world through the power of laughter.

Jim Twomey from Peace For You says, "Laughter is one of the most powerful bodily functions. It releases all kinds of happy hormones, which is exactly what people who suffer from depression are in short supply of. Laughter yoga doesn't mean laughing at something in particular, it simply means laughing. A good deep belly laugh, an uncontrollable giggle, a smirk and grin, all of it is useful in fighting depression."

As can be seen on http://peaceforyouguaranteed.com/one-on-one-laughter-yoga-coaching/, laughter coaching is a program that teaches people how to achieve happiness and joy on a daily basis, not just when they are taking part in laughter yoga. It provides people with inner relaxation and peace, while also giving them a more positive outlook on life in general. Additionally, it helps them to let go a bit of certain constraints, and simply laugh at things more often.

The help provided by Peace For You has been very positively received by those who have taken part in the program. "I was always depressed," says Victor Schneider. "Very little ambition to do anything. Little energy. I end up with Jim and now I can laugh at anything. I can laugh anytime I want to. I can make other people laugh. You've made such a difference in my life. I want to thank you."

Peace For You has also created a Facebook page at https://www.facebook.com/Peaceforyouguaranteed. People are encouraged to like this page, as it will enable them to join a community of others who have already used the program, those who are currently using it and those who are considering it. It is an opportunity to speak to others who want to share their new found joy and happiness. As Craig Ferguson says: "You gotta laugh, because if you didn't, you'd cry."

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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.

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