



# Humor's Hidden Power: Weapon, Shield and Psychological Salve

*Nichole Force*

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## **Humor's Hidden Power: Weapon, Shield and Psychological Salve** Nichole Force

It is often said that "laughter is the best medicine," but this aphorism only hints at the power inherent in humor. "Humor's Hidden Power" reveals how humor has been utilized as a tool to overcome overwhelming circumstances throughout history, how laughter changes brain chemistry and functioning, how the genders use humor differently, and the ways in which comedians have used humor to heal themselves and others through the ages (from court jesters to Stephen Colbert).

"Humor's Hidden Power" consolidates and clarifies much of what has already been written, reveals what has been newly reported in the fields of neuroscience and humor studies, and provides recommendations for the targeted use of humor to combat the most common sources of suffering.

[Cover photo by Abdulhamid Al Fadhly]

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