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Steve Wilson: Why Do We Laugh?

Humans are born with the ability to laugh and smile. It is built into our nervous system. In this episode of Watching America, we hear from psychologist and Gelotologist (laughter expert) Steve Wilson. He's the director of National Humor Month and president of The World Laughter Tour. Wilson also provides training in therapeutic

laughter and developed “Good Hearted Living” practices. Host Alan Campbell talks to Wilson about the benefits of laughter, what it means to have a “sense of humor,” and what makes a joke funny—or offensive.

Cheers!

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Steve Wilson: Build A Better World With Laughter  
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