

150 Jokes & Funny Stories

# LOL

Laugh out loud

Steve Gilliland



PEARHOUSE  
PRESS

## I N T R O D U C T I O N

When you laugh, all kinds of wonderful things happen to benefit your body and mind. Endorphins are released in your brain, giving you a natural “high” and giving your respiratory system the kind of workout that it might get from jogging. Laughter relieves pain. You can only laugh when you are relaxed, and the more relaxed you are, the less pain you feel. Funny books, movies and comedy channels on SiriusXM Radio are ideal pain relievers. They allow you to get away from the day-to-day obligations that can occasionally be stressful. In

fact, you can't get ulcers and laugh at the same time—you choose one or the other. Periodically, let us remind ourselves that we are human and we do stupid things. If you expect to be perfect, you don't belong on the planet (note to self). Let's remember that our own troubles always seem bigger to us than to anyone else. If no one else is losing sleep, maybe we don't need to either. I realize humor isn't for everyone. It's only for people who want to have fun, enjoy life and feel alive. Seriously, almost every aspect of our lives has the potential for having some humor in it. Every serious issue has a funny side.

- Steve Gilliland

A husband read an article to his wife about how many words women use a day...30,000 to a man's 15,000. The wife replied, "The reason has to be because we have to repeat everything to men..." The husband then turned to his wife and asked, "What?"



Question:

As people age, do they sleep more soundly?

Answer:

Yes, but usually in the afternoon.



Father O'Malley answers the phone. "Hello, is this Father O'Malley?" "It is!" "This is the IRS. Can you help us?" "I can!" "Do you know a Ted Houlihan?" "I do!" "Is he a member of your congregation?" "He is!" "Did he donate \$10,000 to the church?" "He will!"



A woman walked into the kitchen to find her husband stalking around with a fly swatter. “What are you doing?” she asked. “Hunting flies,” he responded. “Oh, killing any?” she asked. “Yep, three males and two females,” he replied. Intrigued, she asked, “How can you tell them apart?” He responded, “Three were on a beer can and two were on the phone.”

