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A laughter is an amazing thing in our lives. I am sure the more we laugh, the better our quality of life gets. Of course, I mean genuine laughter, not one that covers up the bad state inside us.

I am an optimist and laughter is an integral part of my life. I usually laugh every day for different reasons. Of course, there are days when I feel sad and cry, but this is rare. If you think back to the last time I laughed, it was today when I watched the movie "Hitch." Many funny moments were that made me genuinely laugh. My sister always genuinely wonders why I laugh so much at movies, but I do have fun. I like to make jokes and cheer people up around me, but usually people laugh not at my jokes, but at the way, I laugh at jokes.

I believe that laughing is useful in our life; even many scientists have proved it. When a person feels happy, his life is full of joyful moments, he can create something new, find amazing things around him. A happy person is different from other people, he is prominent among society.

I think if people noticed the good in their lives more often, our lives would change. It is good when we can share our joy and laughter with other people, encouraging them and lifting their spirits.