

on the scene

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Dose of laughter is best medicine

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If anyone believes laughter is the best medicine, it's Jeannine Luby.

Luby, 40, of Scranton, has made the art of chuckling her full-time job, founding Laugh to Live LLC, a company that promotes the benefits of laughter to reduce stress and promote healthy and happy living among organizations that span workplaces, community groups and schools.

Through Laugh to Live, Luby offers laughter yoga sessions, which combine laughter with yogic breathing. She is a Laughter Leader certified by the World Laughter Tour and a Laughter Yoga Leader certified by the American School of Laughter Yoga. She also formed the Humor Therapy Fund at the Scranton Area Foundation in 2005 as part of a graduate-student project at Marywood University.

Luby is now taking a break from her "Keep Wine-ing, He Might Start to Look Like Prince Charming!" comedy tour, the title of which is based on her 2010 dating manual, "He's Not Prince Charming When ..." She will begin a second round of shows, at venues such as Wood Winery, Mountain View Vineyard and Vintner's Circle, in the spring.

- *Why is laughter so important?*



Local comedian Jeannine Luby finds great value in making others laugh. [click image to enlarge](#)

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“It’s something we can control. Even though it’s not always easy, depending on the day we’re having, we can always choose to laugh. It doesn’t cost us anything, the effects are instant, and it can do a lot for our health. The power of laughter is kind of incomparable; there are few things with that kind of power over our body, mind and spirit. If we could really tap into the power, we would be unstoppable.”

- *If you could make any person laugh, who would it be, and what joke would you tell them?*

“I’d like to make Jesus laugh. The joke I would test out on him is the following that I’m currently doing in my act: I’m starting a campaign called ‘WWJP: What Would Jesus Post,’ to imagine Facebook back in biblical times. I’m thinking on a Saturday night that Jesus might post something like this: ‘11:30 p.m. - This party in Cana is off the hook. 11:50 p.m. – Oh, snap they just ran out of wine. 11:55 p.m. - Good thing I’m here, party’s still rocking.’ I think he would appreciate it.”

- *Finish this sentence: He is Prince Charming when...*

“He’s real, he doesn’t pretend, is patient, and wants to know the real you and show you the real him.”

- *Best advice anyone has ever given you?*

“I’ve been on this personal-growth thing the past couple years, and I read a book by Eckhart Tolle, ‘Awakening to Your Life’s Purpose.’ From that I found I really like the idea of wherever you’re at is your starting point. Don’t worry about ‘What if I don’t reach this goal?’ You just go from where you’re at. You always look towards your next goal.”

- *If you could bring your act to any venue, where would it be?*

“I’m totally in love with the French culture. I’ve been over there. I have a friend in France I’m going to visit in 2012, so I would love to have a show at the Eiffel Tower. I’d need a translator, but I don’t care, because that’s where I’d want to be.”

- *What’s the best part about hearing others laugh?*

“As far as the stand-up goes, it’s a bit of stroking the ego. I feel very proud when I hear people laugh. I write my own material; it’s a lot of myself being very vulnerable and open, so I feel a sense of pride about it. On a secondary level, it’s this connection with people. When laughter happens there’s usually this, ‘Oh I get it; I get what you’re saying,’ and I like that connection with people. They understand me, and it’s like we’re sharing a moment.”

On The Scene is an occasional feature that will introduce someone you’re likely to encounter during the more leisurely part of your life in Northeastern Pennsylvania. If you know a good candidate, contact Sara Pokorny at spokorny@timesleader.com.

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