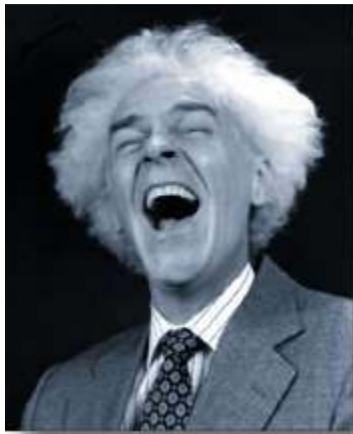


## Board of Advisor, MIND EDGE



### Dr. Paul McGhee

International Speaker, Recipient of The Odyssey Award 2009 (Oakland University)

#### President

- The Laughter Remedy, Wilmington (USA)

#### Author

- *Humour, Health and Happiness*
- *Humour: Its Origin and Development*
- *Health, Healing and the Amuse System*
- Understand and Promoting the Development of Children's Humour
- Stumble Bees and Pelephones
- and 11 other internationally acclaimed books...

Paul McGhee is currently President of The Laughter Remedy in Wilmington, Delaware, in the USA. His scientific contributions to the field of humour research make him unique among those who currently work as professional speakers discussing the importance of building more humour into your life. He has published 15 books and many scientific articles on humour and is internationally recognized for his contributions in three distinct areas: 1) scientific research on humour and laughter, 2) practical applications of humour in corporate and healthcare settings—including the only research-supported program for improving humour skills and 3) substantive, but entertaining, keynotes and workshops on humour.

Paul spent 20 years conducting basic research on humour and laughter before becoming a professional speaker and is generally viewed as a pioneer in the field. He began his teaching career at the State University of New York in Albany and finished it at Texas Tech University. He also spent two years with a research appointment at the Fels Research Institute in Ohio and three years at the University of Paris (L'Ecole Pratique des Hautes Etudes). His early academic books, *The Psychology of Humour* (1972), *The Handbook of Humour Research* (two vol's, 1983) and *Humour: Its Origin and Development* (1979), served as cornerstones in providing a solid foundation for the current resurgence of interest in humour and health.

Paul was a recipient of The Odyssey Award in 2009 from his undergraduate *alma mater*, Oakland University. This prestigious award was given in honor of Paul's contribution to knowledge in the field of humour research and for exemplifying the university's motto of seeking virtue and knowledge.

Paul quit his academic career conducting basic research on humour in order to develop hands-on tools which enable people to apply the lessons of humour research in everyday life. His new emphasis on practical applications includes both books and workshops which provide specific guidelines for getting the benefits of humour into one's everyday life. The application books include 1) a research-validated Program (*The 7 Humour Habits Program*) for strengthening humour skills and learning to use humour to cope with stress, 2) a tool for building adults' verbal humour skills (*Small Medium at Large*), 3) a similar tool for building children's verbal humour skills (*Stumble Bees and Pelephones*) and 4) a summary manual (*Understanding and Promoting the Development of Children's Humour*) which enables teachers and parents to better understand young children's humour better so that humour may be more effectively used in the education of children from infancy to age seven to eight. He is currently

preparing a book offering guidelines for the use of humour in the classroom for older children and adolescents.

Paul has worked full time as a professional speaker for the past 20 years. He has provided keynotes and workshops to many *Fortune 500* Companies, hospitals and healthcare organizations, early childhood educators and conferences devoted to aging. He has presented in several European countries, as well as in Canada and the USA. He is currently working with a colleague in Singapore to bring programs on the benefits of humour and laughter to Malaysia and certain Asian countries.

Paul is frequently interviewed by the mass media about issues related to humour in the workplace, as well as the health and coping benefits of humour. In addition to frequent television and radio interviews in the USA, he has also appeared on numerous European radio stations and Canadian, Dutch, German, Swedish and Swiss television discussing his work. His work has been featured in many international publications, including the *New York Times*, *USA Today*, *Newsweek* (Japanese), *Geo* (German and French), *Schweizer Familie* (Swiss), *Psychologie Heute* (German), *L'Impatient* (French), *VG* (Norwegian), *OGGI* (Italian), *Der Spiegel* (German), *Die Welt* (German), *Die Zeit* (German), *Intra* (German), among others.

