



daily GOOD

My religion is kindness. --Dalai Lama

Dalai Lama: A Professional Laugher?

"I have been confronted with many difficulties throughout the course of my life, and my country is going through a critical period. But I laugh often, and my laughter is contagious. When people ask me how I find the strength to laugh now, I reply that I am a professional laugher." So begins an excerpt by Dalai Lama on why he laughs:

Be The Change:

Laugh, smile, be happy. Today is World Kindness Day. Do an act of kindness and share it with others.