

# Use Laughter to De-Stress & Connect With Others (TED Video)

Did you know that you're 13 times more likely to laugh if you're with somebody else than if you're alone? Cognitive neuroscientist Sophie Scott shares this and other surprising facts about laughter in this fast-paced, action-packed and, yes, hilarious dash through the science of the topic.

The bottom line? We use laughter as a social tool; to de-stress and connect with others.

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