

Allen Klein Quotes

*Humor, Laughter, Laughing, World, Happiness, People, Pain, Attitude, Heart,
Upset, Power, Helping, Positivity, Important, Attention, Jobs, Mind, Children,
Cheer, Positive Thinking*

Now, a recent study from cardiologists at the University of Maryland, has shown that laughter may have a beneficial effect on the heart.

~Allen Klein

Though snails are exceedingly slow, There is one thing I'd like to know.
If I out run 'em round the yard, How come they beat me to the chard?

~Allen Klein

A little perspective, like a little humor, goes a long way.

~Allen Klein

Humor can help you cope with the unbearable so that you can stay on the bright side of things until the bright side actually comes along.

~Allen Klein

There are no language barriers when you are smiling.

~Allen Klein

I contend that not only can you laugh at adversity, but it is essential to do so if you are to deal with setbacks without defeat.

~Allen Klein

Laughing is also good for your respiratory system.

~Allen Klein

Our attitudes are the crayons that color our world.

~Allen Klein

In every job, relationship, or life situation there is inevitably some turbulence. Learn to laugh at it. It is part of what you do and who you are.

~Allen Klein

Children remind us to treasure the smallest of gifts, even in the most

difficult times.

~Allen Klein

Humor can alter any situation and help us cope at the very instant we are laughing.

~Allen Klein

No matter what has happened, you too have the power to enjoy yourself.

~Allen Klein

Humor does not diminish the pain - it makes the space around it get bigger.

~Allen Klein

To a child, often the box a toy came in is more appealing than the toy itself.

~Allen Klein

It has been said that 80% of what people learn is visual.

~Allen Klein

The hardest thing you can do is smile when you are ill, in pain, or depressed. But this no-cost remedy is a necessary first half-step if you are to start on the road to recovery.

~Allen Klein

Laughter, and the broader category of humor, are key elements in helping us go on with our life after a loss.

~Allen Klein

And, unlike the earlier bombing on the World Trade Center, a major landmark and symbol of the strength of the financial world was, not just damaged but, totally destroyed.

~Allen Klein

Like sheep that get lost nibbling away at the grass because they never look up, we often focus so much on ourselves and our problems that we get lost.

~Allen Klein

When times get tough, at some point, people instinctively know they need to lighten up in order to get through it.

~Allen Klein

Laughter can help relieve tension in even the heaviest of matters.

~Allen Klein

You may not be able to change a situation, but with humor you can change your attitude about it.

~Allen Klein

Research has shown that people who volunteer often live longer.

~Allen Klein

When we are dealing with death we are constantly being dragged down by the event: Humor diverts our attention and lifts our sagging spirits.

~Allen Klein

Zen teaches that once we can open up to the inevitability of our demise, we can begin to transform that situation and lighten up about it.

~Allen Klein

The studies indicate that focusing our attention on someone else, takes our mind off of our own problems. We stay healthier and thereby live longer.

~Allen Klein

Today's business and health care climate may not be pleasant. Cutbacks, pay cuts and layoffs do not make anyone's job easy. But that does not mean that the humor need stop.

~Allen Klein

Humor can be one of our best survival tools.

~Allen Klein

Whether planned or not, humor takes our mind off of our troubles.

~Allen Klein

The lesson adults can learn here is that the world is filled with things for our enjoyment.

~Allen Klein

Throughout history, great leaders have known the power of humor.

~Allen Klein

Kids can amuse themselves with almost anything.

~Allen Klein

In looking for humor, keep in mind this guideline: Sometimes it takes a little time to see the humor in your upsets; you may not find something to laugh about immediately.

~Allen Klein

Humor expands our limited picture frame and gets us to see more than just our problem.

~Allen Klein

Advertisers also know that humor can help bond us to their product.

~Allen Klein

When we can find some humor in our upsets, they no longer seem as

large or as important as they once did.

~Allen Klein

It is still not clear from this study how laughter can directly help the heart but other studies have shown that laughter is beneficial for every system in the body.

~Allen Klein

When you think about advertisements, it makes sense that they want to hold and retain our attention.

~Allen Klein

When you do find humor in trying times, one of the first and most important changes you experience is that you see your perplexing problems in a new way - you suddenly have a new perspective on them.

~Allen Klein

Sometimes it takes ten seconds to see some humor in your dilemmas, sometimes ten years.

~Allen Klein

Any attempts at humor immediately after September 11th were deemed tasteless.

~Allen Klein

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