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This I Believe

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This I

Believe

Justin Simon



I believe in making people laugh—making people laugh to the point where they can't stop laughing. Laughter to me is happiness. Laughter is therapeutic. It helps take our minds off the things we don't want to think about, like schoolwork, gas prices, and the economy. I believe in laughter, because I feel when we aren't laughing we are sad, and I know that many people (including me) don't like the way they feel when they are sad. I believe in laughter because I believe it is contagious. When we see one person laugh, we all want to laugh. It makes us feel good inside, like we belong.

When I make someone laugh, I feel like I belong. I feel confident, strong, and, in a nutshell, funny. Laughter is seeing people fall in public, listening to a joke, hearing someone do a funny voice. Laughter is ditzes, klutzes, and, let's be honest, dumb blondes. Laughter is thinking about the positive things in your life and forgetting about the negatives. Laughter is realizing that life is too short to worry about the stupid things that so many of us do worry about.

Laughter is chicken noodle soup. Laughter is a remedy to so many problems. Laughter is the best medicine. It's making you feel happy inside as well as making others around you happy. Laughter is making an idiot out of yourself. Laughter is not caring what other people think. It's making your cheeks burn from smiling for so long and having tears stream down your face.

It's improv comedy, stand-up comedy, and, lately, political comedy. Chris Farley, Adam Sandler, Will Ferrell—that is laughter. Laughter is over 64 million people watching a baby laugh on YouTube, and every time they watch it, it just makes them feel good inside. It's what gets us through the day. It's how we socialize, how we express ourselves. It's what makes us who we are. It's what we turn to when we need a friend, and sometimes it's our only friend.

It's being able to look at the 70% on a test and just smile. It's doing something dumb, something you regret. It's being able to make a mistake and shake it off.

It's not about money, gender, or the color of your skin. It's not about where you live, what college you go to, or what kind of job you have. Everyone all around us has access to laughter. It's the cheapest stress reliever out there.

Laughter is the way to true happiness.



Course: WRT 255, Advanced Argumentative Writing

Instructor: Dr. Stephen Parks

Author's Note: When asked to write this paper, many things came to mind. With a prompt like "This I believe," there were a lot of different directions I could have gone. From sports to my family, I tried everything, until I was just watching some stand-up comedy and it hit me—I believe in laughter.

Editors' Note: You can't help but smile when you read this piece.