

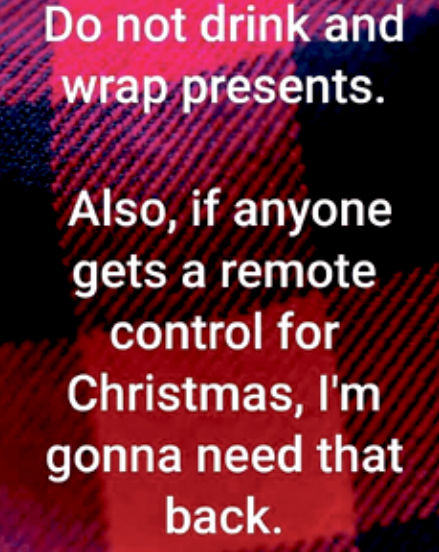
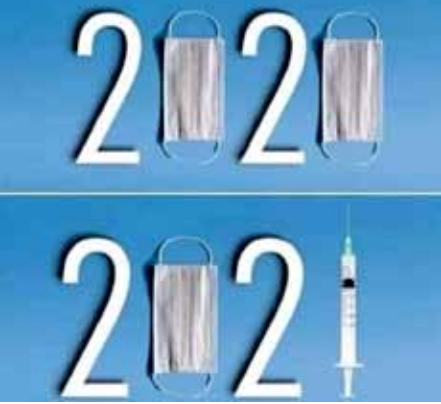


Pfizer, which just announced a vaccine against Covid-19, is the same company that created Viagra.

Therefore, we can fully rely on the vaccine, because if Pfizer was able to raise the dead, they will very easily cure the living.

Trump is fuming mad because he believes that Pfizer deliberately delayed their announcement until after the election.

However, Pfizer responded by telling him the company is about erections not elections.



Belly Laughs

It is easy to laugh when we feel good, but it is when the world appears dim that we most need laughter in our lives.



As children, we laugh hundreds of times each day, delighted by the newness of living. When we reach adulthood, however, we tend to not allow ourselves to let go in a good belly laugh. Inviting laughter back into our lives is simply a matter of making the conscious decision to laugh. Though most of us are incited to laugh only when exposed to humor or the unexpected, each of us is capable of laughing at will. A laugh that comes from the belly carries with it the same positive effects whether prompted by a funny joke or consciously willed into existence. When our laughter comes from the core of our being, it permeates every cell in our physical selves, beginning in the center and radiating outward, until we are not merely belly laughing but rather body laughing.

Laughter has been a part of the human mode of expression since before evolution granted us the art of speech. Through it, we connected with allies while demonstrating our connection with people we didn't know. In the present, laughter allows us to enjoy positive shared experiences with strangers and loved ones alike. Yet solitary laughter

carries with it its own slew of benefits. An energetic and enthusiastic bout of whole-body laughter exercises the muscles, the lungs, and the mind in equal measure, leaving us feeling relaxed and content. When we laugh heartily at life's ridiculousness instead of responding irritably, our focus shifts. Anger, stress, guilt, and sadness no longer wield any influence over us, and we are empowered to make light of what we originally feared. Laughter also opens our hearts, letting love and light in, changing our perspective, and enabling us to fix our attention on what is positive in our lives.

It is easy to laugh when we feel good, but it is when the world appears dim that we most need laughter in our lives. Our laughter then resonates through our hearts, filling the empty spaces with pure, unadulterated joy. We regain our footing in the moment and remember that no sorrow is powerful enough to rob us of our inborn happiness. When we understand that uninhibited laughter is the food of the soul, nourishing us from within, we know instinctively that life is worthwhile.

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AN elf FOR CHRISTMAS

Christmas Elf Name Generator

1. Choose the first letter of your first name
2. Pick your favourite colour

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B	Tinker	O	PomPom	Yellow	Brightbuttons
C	Jemima	P	Starlight	Pink	Glitterpants
D	Tilly	Q	Cranberry	Green	JollyBum
E	Cupcake	R	Gilly	Purple	Gingerbread
F	Sparkles	S	Tinsel	Orange	Hollyberry
G	Trixie	T	Jingle	Blue	Sparkledust
H	Carol	U	Nelly	Black	Merrybottom
I	Elsie	V	Effie	White	TreaclePot
J	Julia	W	Mavis		
K	Izzy	X	Perky		
L	Holly	Y	ToffeeApple		
M	Josie	Z	Nutmeg		

Have fun x



Remembering who did what in Greek mythology has always been my Achilles' elbow.

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