

#### **Paragraph No 4**

As the old adage goes, “Laughter is the best medicine.” Some people firmly believe in the healing power of both laughter and joy and their ability to improve your quality of life. So, I agree with the statement that laughter and joy are essential aspects for living a healthy and happy life. First and foremost, having laughter and joy in your life equates to a life free of debilitating unhappiness. Furthermore, both laughter and joy have been proven to better one’s physical wellbeing. Finally, having laughter and joy in your life helps to better the lives of those you encounter.

#### **Paragraph No 5**

Disasters are a terrible part of life, especially when one is not prepared for them to strike. A bad fire or flood could destroy a house and everything inside of it. If there was some kind of disaster in my house, I would try my hardest to save the photo albums my family has collected over the years.

One of the main reasons I would want to save the photo albums is because they contain pictures that chronicle my family’s history. Additionally, those photos albums captured parts of my life that made me who I am today. Most importantly, the photo albums are one of the very few things in my home that could never be replaced if they were damaged.

Positive Impact of Staying Happy in life  
Laughter and joy play a positive role  
in human life as it helps a person  
to live a life full of joy and without  
distress. Furthermore, pleasure is mandatory  
for the health of a person and his  
fellow beings.

Photo Albums: The Most Precious Thing  
Disasters are so tragic <sup>that</sup> they  
destroy houses. According to the  
author, if it had happened, he  
would have saved the photo  
albums as they depict his family's  
history and his life story. Moreover,  
they are irreplaceable asset.