
Improving Your Humor and Adventurousness

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An excerpt from Dr. Sabongui's "Pre-Delivery Inspection" eBook for Men.

TIPS FOR IMPROVING YOUR HUMOUR

Improving your humour and adventurousness means being more spontaneous, less rigid, and generally more fun to be around. Both humour and adventurousness require you to be uninhibited, and that is very sexy because it encourages the person that is with you to let go of his or her inhibitions as well.

- Try to find the irony or incongruity in situations and practice pointing them out to others.
- Read books on humour; think about the line; find opportunities to repeat it appropriately.
- If you have a choice between two movies, pick the funny one.
- Go see some local stand up comics and write down the jokes that reflect your personality or that you can use.
- When someone tells a joke, listen to it and try to appreciate the humour in the story. Be a good audience.

TIPS FOR IMPROVING YOUR ADVENTUROUSNESS

- Don't take yourself too seriously.
- Be flexible without being spineless.
- Be more spontaneous and embrace situations that do not go according to plan - they are opportunities to experience something new (for example, if you get lost driving somewhere, tell your passengers that you've decided to take the scenic route in order to discover a new part of the world - then stop and ask for directions)