**Why do people need a good sense of humor?**

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As Lenin puts, “humor is a beautiful, healthy quality.” Confronted with increasingly high pressure in everyday life, we really need a good sense of humor, to make our days happy and fruitful.

Firstly, let me ask you a question: how often do you laugh every day? I mean really laugh. Recently I have asked some of my friends this question, and here's some answers.

One answer is “I always laugh, and I think life is funny.”

And another is “Seldom, most of the time, I can’t find a reason to laugh.”

To tell the truth, compared with the person who gave the latter answer, the person who gave the former answer really smiles more, and lives a more active life.

But why? In my eyes, it is humor that counts. Actually, we don’t need a reason to laugh, and humor can generate happiness, which makes us laugh automatically. The former person has a good sense of humor. He plays jokes, says funny words and laughs at the difficulties of lives. And whenever I talk with him, I feel my spirits is lifted up. So, we all need a good sense of humor, to make the dull life interesting, to make us and people around us laugh, to pass on the positive attitude towards life.

A good sense of humor may seem dispensable at first, but gradually it will become more and more essential, as it is a booster on our long journey. As we repeatedly deal with difficulties every day, our spirits might be covered with snows of cynicism and the ice of pessimism. In this way, we may lose the courage and motivator to make progress. But as long as we have a good sense of humor, we can think more positively about life's problems. And with a good sense of humor, hopefully we will find joy from any trivial matters, which is sure to alleviate our fatigue of a busy day, and more profoundly motivate us to advance in the long run.

Humor is not enclosed, it is shared, and it is contagious. Having a good sense of humor can bring enormous benefits to a team of people. It’s a commonplace question that “How can we submit a team’s efficiency?” And my answer is to develop a sense of humor in everyone in the team. With humor, the team members will talk happily with each other on their own initiative, and they will brave the obstacles in work. So, not only will a good sense of humor provide a relaxed and active work atmosphere, but the people in the team will become more cohesive and more active. Ultimately, the team’s efficiency will be highly improved.

Last but not least, in common with many other personal qualities, humor is also a pretty good one. Being humorous displays the quality of a person that he can always find warmth in the cold days, seek light in the dark areas, and create happiness in the heart of every people around. Many celebrities have a good sense of humor, such as Chaplin and Lincoln. And whenever Chaplin is mentioned, you are sure to have a funny image of him in your head. And perhaps your spirits will be lifted up. It’s Chaplin’s good sense of humor that works. With that, Chaplin is respected and loved by thousands of people. Thus, learn to be humorous, and you can embrace this good personality.

There is an apt metaphor, humor is like a pair of wonderful glasses, and whenever you see the world through this glasses, you will see possibilities instead of impossibilities, see happiness instead of miseries, see friendliness instead of coldness.

In conclusion, humor is an indispensable skill, and one of the most underappreciated assets at work. Everybody needs a good sense of humor, and everybody can learn to be humorous. So why do people need a good sense of humor, the answer is obvious.