

Movies - Fibromyalgia Support

Movies

Our Fibromyalgia Support team recommends "AFI's 100 Funniest American Movies" for you to "Laugh away your pain!". We have seen that fibromyalgia sufferers find laughter and humor to be a positive fibromyalgia support when dealing with the stress and chronic pain of FIBROMYALGIA.

Norman Cousins drew the attention of the medical community to the pain-reducing power of humor in his book *Anatomy of an Illness*. A spinal disease left him in almost constant pain, but he quickly discovered while watching comedy films that belly laughter eased his pain. In his last book, *Head First: The Biology of Hope*, he noted that 10 minutes of belly laughter would give him two hours of pain-free sleep. Over a dozen studies have now documented that humor does have the power to reduce pain in many patients, being a positive Fibromyalgia support.

Given all the evidence that watching a humorous video strengthens different components of the immune system, it makes sense that individuals who have a better developed sense of humor — those who find more humor in their everyday life, seek out humor more often or laugh more - have a stronger immune system because they get more of the benefits offered by watching a comedy video, exercising their sense of humor more frequently. Consistent with this expectation, three studies have shown that individuals with higher scores on a sense of humor test show higher "baseline levels", a stronger immune system. "The simple truth is that happy people generally don't get sick." (Bernie Siegel, M.D.)

TITLE

DIRECTOR

1

Some Like It Hot

Billy Wilder

2

Tootsie

Sydney Pollack

3

Dr. Strangelove

Stanley Kubrick

4

Annie Hall

Woody Allen

5

Duck Soup

Leo McCarey

6

Blazing Saddles

Mel Brooks

7

M*A*S*H

Robert Altman

8

It Happened One Night

Frank Capra

9

The Graduate

Mike Nichols

10

Airplane!

David Zucker, Jerry Zucker, & Jim Abrahams

11

The Producers

Mel Brooks

12

A Night At The Opera

Sam Wood

13

Young Frankenstein

Mel Brooks

14

Bringing Up Baby

Howard Hawks

15

The Philadelphia Story

George Cukor

16

Singin' In The Rain

Gene Kelly & Stanley Donen

17

The Odd Couple

Gene Saks

18

The General

Buster Keaton & Clyde Bruckman

19

His Girl Friday

Howard Hawks

20

The Apartment

Billy Wilder

21

A Fish Called Wanda

Charles Crichton & John Cleese

22

Adam's Rib

George Cukor

23

When Harry Met Sally...

Rob Reiner

24

Born Yesterday

George Cukor

25

The Gold Rush

Charles Chaplin

26

Being There

Hal Ashby

27

There's Something About Mary

Bobby Farrelly & Peter Farrelly

28

Ghostbusters

Ivan Reitman

29

This Is Spinal Tap

Rob Reiner

30

Arsenic And Old Lace

Frank Capra

31

Raising Arizona

Joel Coen & Ethan Coen

32

The Thin Man

W.S. Van Dyke

33

Modern Times

Charles Chaplin

34

Groundhog Day

Harold Ramis

35

Harvey

Henry Koster

36

National Lampoon's Animal House

John Landis

37

The Great Dictator

Charles Chaplin

38

City Lights

Charles Chaplin

39

Sullivan's Travels

Preston Sturges

40

It's A Mad Mad Mad Mad World

Stanley Kramer

41

Moonstruck

Norman Jewison

42

Big

Penny Marshall

43

American Graffiti

George Lucas

44

My Man Godfrey

Gregory La Cava

45

Harold And Maude

Hal Ashby

46

Manhattan

Woody Allen

47

Shampoo

Hal Ashby

48

A Shot In The Dark

Blake Edwards

49

To Be or Not To Be

Ernst Lubitsch

50

Cat Ballou

Elliot Silverstein

51

The Seven Year Itch

Billy Wilder

52

Ninotchka

Ernst Lubitsch

53

Arthur

Steve Gordon

54

The Miracle Of Morgan's Creek

Preston Sturges

55

The Lady Eve

Preston Sturges

56

Abbott And Costello Meet Frankenstein

Charles Barton

57

Diner

Barry Levinson

58

It's A Gift

Norman Z. McLeod

59

A Day At The Races

Sam Wood

60

Topper

Norman Z. McLeod

61

What's Up, Doc?

Peter Bogdanovich

62

Sherlock, Jr.

Roscoe 'Fatty' Arbuckle & Buster Keaton

63

Beverly Hills Cop

Martin Brest

64

Broadcast News

James L. Brooks

65

Horse Feathers

Norman Z. McLeod

66

Take The Money And Run

Woody Allen

67

Mrs. Doubtfire

Chris Columbus

68

The Awful Truth

Leo McCarey

69

Bananas

Woody Allen

70

Mr. Deeds Goes To Town

Frank Capra

71

Caddyshack

Harold Ramis

72

Mr. Blandings Builds His Dream House

H.C. Potter

73

Monkey Business

Howard Hawks

74

9 To 5

Colin Higgins

75

She Done Him Wrong

Lowell Sherman

76

Victor/Victoria

Blake Edwards

77

The Palm Beach Story

Preston Sturges

78

Road To Morocco

David Butler

79

The Freshman

Andrew Bergman

80

Sleeper

Woody Allen

81

The Navigator

Donald Crisp & Buster Keaton

82

Private Benjamin

Howard Zieff

83

Father Of The Bride

Charles Shyer

84

Lost In America

Albert Brooks

85

Dinner At Eight

George Cukor

86

City Slickers

Ron Underwood

87

Fast Times At Ridgemont High

Amy Heckerling

88

Beetlejuice

Tim Burton

89

The Jerk

Carl Reiner

90

Woman Of The Year

George Stevens

91

The Heartbreak Kid

Elaine May

92

Ball Of Fire

Howard Hawks

93

Fargo

Ethan Coen & Joel Coen

94

Auntie Mame

Morton DaCosta

95

Silver Streak

Arthur Hiller

96

Sons Of The Desert

William A. Seiter

97

Bull Durham

Ron Shelton

98

The Court Jester

Melvin Frank & Norman Panama

99

The Nutty Professor

Jerry Lewis

100

Good Morning, Vietnam

Barry Levinson

<http://listsofbests.com/list/7/>