

2016 All America Laughter Conference

www.LaughterConference.com

Pre-Conference Agenda (Optional)

THURSDAY 10/6 - FRIDAY 10/7

9:00 – 5:00pm
(Both days)

Laughter Therapy 101, At Home And At Work

Stand alone: \$295 | With conference: \$195

With Sebastien and Raquel Gendry

Come learn and practice numerous joy and laughter-filled techniques and exercises that release physical and emotional tensions and create positive behavioral changes both at home and at work.

Main Conference Agenda

FRIDAY 10/7

5:15 – 6:30pm	<i>Registrations</i>
6:30 – 7:00pm	Kick-off ceremony
7:00 – 7:45pm	Laughter Therapy hands-on: Group intervention (Focus = General public)
8:00 – 8:45pm	<i>Networking activities</i>
8:00 – 8:45pm	Keynote #1: Laughter Therapy in the 21st Century: Rethinking our message, delivery and exercises – <u>Sebastien Gendry, USA-CA</u>
8:45 – 9:00pm	<i>Networking activities</i>

SATURDAY 10/8

8:00 – 8:45am	Optional activity: Finding your unique fit as a piece of the peace – <u>Lynda Tourloukis, USA-IL</u>
9:00 – 9:45am	Laughter Therapy hands-on: Group intervention (Focus = Business people)
9:45 – 10:00am	<i>Networking activities</i>
10:00 – 10:45am	Keynote #2: Laughter, Labyrinths: Nurturing Peace Within... Together – <u>Traci Merritt, USA-OR</u>
10:45 – 11:00am	<i>Networking activities</i>
11:00 – 11:45am	Keynote #3: Laughter and Mental Health: Laughing To Thrive – <u>Chris Van Schaack, USA-OR</u>
11:45 – 12:00pm	<i>Networking activities</i>
12:00 – 2:00pm	<i>Lunch break</i>
2:00 – 2:45pm	Keynote #4: Love, Laughter and Relationships – <u>Raquel Gendry, USA-CA</u>
2:45 – 3:00pm	<i>Networking activities</i>
3:00 – 3:45pm	Keynote #5: The Science Of Laughter In Cancer Healing – <u>Teena Miller, USA-CA</u>
3:45 – 4:00pm	<i>Networking activities</i>
4:00 – 4:45pm	Keynote #6: A Seven Year Study of Laughter Practices – <u>Lynda Tourloukis, USA-IL</u>
4:45 – 5:00pm	Group debrief: What did you learn today?
5:00 – 7:00pm	<i>Dinner break</i>
7:00 – 9:00pm	Concert & Laughter Festivities – <u>Celia Farran, USA-TX</u>



Main Conference Agenda

SUNDAY 10/9

8:00 – 8:45am	Optional activity: Personal laughter practice 101
9:00 – 9:45am	Laughter Therapy hands-on: Group intervention (Focus = Seniors and those who are chair-bound)
9:45 – 10:00am	<i>Networking activities</i>
10:00 – 10:45am	Keynote #7: Laughter Clubs: 101 Ideas to boost attendance (and your laughter business) – <u>Sebastien Gendry, USA-CA</u>
10:45 – 11:00am	<i>Networking activities</i>
11:00 – 12:00pm	(Focus groups) Now what? Reviewing the path ahead
12:00 – 12:30pm	Closing ceremony, group picture



Positive Adjectives to Describe Men

A. A-1, Abiding, Able, Able-bodied, Aboveboard, Abundant, Accelerated, Accepting, Accessible, Accommodating, Accomplished, Accordant, Accountable, Accurate, Ace, Aces, Achieving, Acknowledged, Acknowledging, Active, Actual, Adaptable, Adapted, Adapting, Adaptive, Adept, Admirable, Admired, Adorable, Adoring, Adroit, Advanced, Advantaged, Advantageous, Adventuresome, Adventurous, Affable, Affectionate, Affective, Affirming, Affluent, Agile, Agreeable, Alert, All heart, All right, All set, All systems go, All there, Allegiant, Allied, Allowing, Alluring, Altruistic, Alright, Amazing, Ambitious, Amenable, Amiable, Amicable, Ample, Amusing, Aphrodisiacal, Apollonian, Appealing, Appreciated, Appreciative, Approachable, Appropriate, Approving, Apt, Ardent, Arousing, Artful, Articulate, Ascending, Assiduous, Assuring, Astute, At ease, Attentive, Attractive, Athletic, Attractive, August, Auspicious, Authentic, Authoritative, Autonomous, Available, Avid, Awaited, Aware, Awesome.

B. Balanced, Becoming, Beefy, Believable, Beloved, Beneficent, Benevolent, Better, Better-than-before, Best, Best-loved, Beyond compare, Big, Big league, Biggest, Big-hearted, Big-time, Blameless, Blazing, Blessed, Bold, Boss, Bounteous, Bountiful, Brainy, Brave, Brawny, Brief, Bright, Brilliant, Brimming, Brisk, Broadminded, Brotherly, \ Buoyant.

C. Calm, Calming, Calmative, Can do, Capable, Captivating, Carefree, Careful, Caring, Caretaking, Centered, Certain, Champion, Changeable, Changeless, Charismatic, Charitable, Charmed, Charming, Cheerful, Cherished, Cherishing, Chivalrous, Chummy, Civic, Civil, Civilized, Classic, Classical, Classy, Clean, Clear, Clear-cut, Clear-eyed, Clearheaded, Clear-sighted, Clement, Clever, Close, Coherent, Collaborative, Collected, Colorful, Comfortable, Comforting, Comical, Commendable, Committed, Communicative, Compassionate, Compatible, Compelling, Competent, Complete, Composed, Comprehensive, Concentrated, Conciliatory, Concise, Conclusive, Concordant, Concrete, Confident, Connected, Conscientious, Conscious, Considerable, Considerate, Consistent, Constructive, Content, Conversant, Convincing, Convivial, Cool, Cooperative, Coordinated, Cordial, Correct, Courageous, Courteous, Courtly, Crackerjack, Creative, Credible, Creditable, Crowd-pleasing, Crucial, Crystal (Clear), Cuddly, Culminating, Cultivated, Cultivating, Cultured, Cunning, Curative, Curious, Cute.

D. Dapper, Daring, Dashing, Dauntless, Dazzling, Dear, Dearest, Debonair, Decent, Decisive, Decorous, Dedicated, Deductive, Deep, Definite, Definitive, Deft, Delectable, Deliberate, Deluxe, Democratic, Demonstrative, Dependable, Desired, Desirable, Destined, Determinant, Determined, Developed, Devoted, Devout, Dexterous, Different, Dignified, Diligent, Diplomatic, Direct, Disarming, Discerning, Disciplined, Discreet, Discriminating, Distinct, Distinctive, Distinguished, Distinguishing, Diverse, Doubtless, Down-to-earth, Dreamy, Driven, Driving, Durable, Dutiful, Dynamic, Dynamite.

E. Eager, Earnest, Earthy, Easy, Easygoing, Easy to approach, Easy to reach, Easy to talk to, Easy to understand, Economical, Edified, Edifying, Educated, Effective, Efficacious, Efficient, Elating, Electric, Electrifying, Elevated, Elevating, Eligible, Eloquent, Emerging, Eminent, Empathetic, Empowered, Empowering, Enabling, Enamoring, Enchanting, Encouraging, Endearing, Endeavoring, Endowed, Enduring, Energetic, Energizing, Engaged, Engaging, Enhanced, Enjoyable, Enjoyed, Enlightened, Enlightening, Enlivened, Enlivening, Ensuring, Enterprising, Entertaining, Enthusiastic, Enthralling, Enticed, Enticing, Entrepreneurial, Entrusted, Epic, Equable, Equipped, Equitable, Erudite, Essential, Established, Esteemed, Ethical, Even-handed, Evocative, Evolved, Evolving, Exact, Excellent, Excelling, Exceptional, Exciting, Exclusive, Executive, Exemplary, Exhilarating, Expeditious, Experienced, Expert, Explorative, Expressive, Exquisite, Extraordinary, Exultant, Exulting.

F. Facilitative, Factual, Fair, Faithful, Familial, Fantastic, Far-reaching, Far-sighted, Fascinating, Fatherly, Faultless, Favorable, Favored, Favorite, Fearless, Feasible, Feelgood, Fertile, Fervent, Festive, Fiery, Fine, Finer, Finest, Firm, First, First-class, First-order, First-rate, Fit, Fitting, Five-star, Flawless, Flexible, Flourishing, Fluent, Focused, Fond, Forceful, Foremost, Foresighted, Forgivable, Forgiving, Formidable, For real, Forthcoming, Forthright, Fortified, Fortifying, Fortuitous, Fortunate, Forward-thinking, Foundational, Four-star, Frank, Fraternal, Free, Freethinking, Friendly, Frisky, Front-page, Fruitful, Fulfilled, Fulfilling, Fun, Fundamental, Funny.

G. Gallant, Game, Generous, Genial, Genteel, Gentle, Gentlemanly, Genuine, Gifted, Giving, Glad, Goal-oriented, Godly, Golden, Good, Goodhearted, Good-feeling, Good-humored, Good-looking, Good-natured, Graceful, Gracious, Grand, Grateful, Gratified, Gratifying, Great, Greatest, Greathearted, Gregarious, Grounded, Growing, Guiding.

H. Hale, Handsome, Handy, Happening, Happy, Hard-working, Hardy, Harmless, Harmonic, Harmonious, Healthy, Heartfelt, Heartwarming, Hearty, Helpful, Helping, Heroic, High Caliber, High-class, High-demand, Highly regarded, Highly seasoned, Highly valued, High-minded, High-power, High-powered, High-quality, High-reaching, High-spirited, Hilarious, Honest, Honorable, Honored, Hospitable, Hot, Huggy, Huggable, Human, Humane, Humanitarian, Humble, Humorous, Hunky, Hypnotic.

I. Ideal, Idealistic, Illuminating, Imaginative, Imitable, Immaculate, Immeasurable, Impartial, Impeccable, Important, Impressive, Improving, Incisive, Inclusive, Incomparable, Incorruptible, Indefatigable, In demand, In the moment, In the now, Independent, Indestructible, Indispensable, Indomitable, Indubitable, Industrious, Inexhaustible, Infallible, Infatuating, Influential, Informative, Informed, Ingenious, In good health, Inimitable, Innovative, In love, Inquisitive, Insightful, Inspirational, Inspired, Inspiring, Instructive, Integrated, Intellectual, Intelligent, Intense, Interesting, International, Intimate, Intrepid, Intrigued, Intriguing, Introspective, Inventive, Invigorating, Invincible, Inviolable, Inviting, Irreplaceable, Irreproachable, Irresistible.

J. Jazzy, Jolly, Jovial, Joyful, Joyous, Jubilant, Judicious, Juicy, Just, Justified, Just right, Juvenescent.

K. Keen, Key, Kind, Kind-hearted, Kindly, Kingly, Kissable, Knightly, Knowable, Knowing, Knowledgeable.

L. Laid-back, Lasting, Laudable, Lavish, Lawful, Law-abiding, Leading, Leading-edge, Learned, Learning, Legal, Legit, Legitimate, Leisurely, Lenient, Leonine, Lettered, Level-headed, Liberal, Liberated, Liberating, Light-hearted, Likable, Liked, Like-minded, Limber, Lionhearted, Lively, Logical, Lordly, Lovable, Loved, Loving, Loyal, Lucid, Lucky, Luminous, Luscious, Lusty, Luxurious.

M. Magical, Magnanimous, Magnetic, Magnificent, Main, Majestic, Major, Major league, Making a difference, Manageable, Managerial, Malleable, Manly, Mannerly, Marvelous, Masculine, Masterful, Masterly, Matchless, Matter-of-fact, Mature, Maturing, Maximal, Maximum, Meaningful, Measured, Meditative, Mellow, Memorable, Merciful, Meritorious, Merry, Mesmerizing, Meteoric, Methodical, Methodological, Meticulous, Mindful, Mirthful, Mischievous, Model, Modest, Moral, Most Excellent, Motivated, Motivating, Motivational, Moving, Mucho, Multidimensional, Multifaceted, Munificent, Muscular.

N. Natty, Natural, Near to one's heart, Nearby, Neat, Necessary, Needed, Neighborly, Never-failing, Nice, Nifty, Nimble, Nimble-witted, Noble, Nobody's fool, No dummy, Noetic, No strings attached, Nonchalant, Nonpareil, Not born yesterday, Not tied down, Not unlikely, Nourished, Nourishing, Now, Nubile, Number 1, Number one, Numero uno, Nurtured, Nurturing, Nutritional.

O. Obliging, Observant, Obtainable, Olympian, On target, On the ball, On the beam, On the money, Open, Open-handed, Open-hearted, Open-minded, Optimistic, Optimum, Opulent, Orderly, Organic, Organized, Oriented, Original, Outgoing, Out-of-this-world, Outspoken, Outstanding, Overflowing, Overjoyed, Overjoying, Overriding, Overruling.

P. Pacific, Participative, Participatory, Particular, Paramount, Pardonable, Passionate, Paternal, Patient, Peaceable, Peaceful, Peerless, Peppy, Penetrating, Perceptive, Perceptual, Perennial, Perfect, Perseverant, Persevering, Persistent, Personable, Perspicacious, Perspicuous, Persuasive, Permanent, Perseverant, Persistent, Pertinent, Pharaonic, Phenomenal, Philanthropic, Philosophical, Picked, Pioneering, Pivotal, Playful, Pleasant, Pleased, Pleasing, Pleasurable, Plentiful, Plummy, Poignant, Poised, Polished, Polite, Popular, Posh, Positive, Possible, Potent, Potential, Powerful, Practical, Practiced, Pragmatic, Praiseworthy, Precious, Precise, Predominant, Preeminent, Preferred, Premier, Premium, Prepared, Present, Presentable, Presidential, Priceless, Prime, Primed, Primo, Princely, Principal,

Principled, Priority, Privileged, Prized, Prize-winning, Pro, Proactive, Prodigious, Productive, Professional, Proficient, Profound, Profuse, Progressive, Prolific, Prominent, Promising, Promoting, Prompt, Proper, Propitious, Prospective, Prosperous, Protective, Proud, Prudent, Public-spirited, Punctual, Pumped up, Pure, Purifying, Purposeful, Purposive.

Q. Qualified, Qualitative, Quality, Quick, Quickened, Quick on the uptake, Quick-witted, Quiet, Quintessential.

R. Rad, Rapt, Rapturous, Rare, Rational, Ravishing, Razor-sharp, Reliable, Reachable, Ready, Real, Reassuring, Receiving, Receptive, Reciprocal, Recommendable, Recommended, Red-carpet, Refined, Refreshing, Regal, Rejuvenating, Related, Relaxed, Relaxing, Relished, Relishing, Remarkable, Renewing, Renewed, Resourceful, Respectable, Respected, Respectful, Rested, Restful, Restorative, Revitalized, Revitalizing, Revived, Revivifying, Rewarding, Rhapsodic, Rich, Right, Righteous, Robust, Rollicking, Rousing.

S. Safe, Satisfactory, Satisfied, Satisfying, Savvy, Scholarly, Scientific, Scintillated, Scintillating, Scrupulous, Seamless, Seasoned, Second-to-none, Secure, Select, Selected, Self-accepting, Self-assured, Self-confident, Self-disciplined, Self-expressive, Self-governing, Selfless, Self-made, Self-sacrificing, Self-starting, Self-sufficient, Self-taught, Sensational, Sensible, Sensitive, Sensuous, Sensual, Sentimental, Serene, Service-minded, Service-oriented, Settled, Settling, Sharing, Sharp, Sharp-eyed, Sharp-witted, Sheltering, Shiny-eyed, Shipshape, Shrewd, Significant, Simple, Sincere, Sizable, Skillful, Skilled, Sleek, Smart, Smashing, Smiley, Smiling, Smitten, Smooth, Snazzy, Snappy, Snugly, Sociable, Social, Societal, Soft-hearted, Solid, Solid gold, Solomon-like, Something else, Soothing, Sophisticated, Sought, Sought-after, Soulful, Sound, Sovereign, Sparkling, Special, Spectacular, Spellbinding, Spicy, Spiffy, Spirited, Spiritual, Splendid, Spontaneous, Sporting, Sportive, Spotless, Square, Stable, Staid, Stainless, Stalwart, Stand-up, Star, Stately, State-of-the-art, Statuesque, Staunch, Steadfast, Steady, Stellar, Sterling, Stimulating, Stimulatory, Stirred, Stirring, Stoic, Storied, Straightforward, Straight out, Strategic, Street smart, Streetwise, Striking, Striving, Strong, Strong-willed, Studious, Stunning, Stupendous, Sturdy, Stylish, Suave, Sublime, Substantial, Substantive, Subtle, Successful, Succinct, Sufficient, Suitable, Suited, Sunny, Super, Superb, Super-duper, Super-civilized, Super-ethical, Super-excellent, Superior, Supersonic, Supple, Supported, Supporting, Supportive, Sure, Sure-fire, Sure-footed, Sure-handed, Surpassing, Surprising, Sustaining, Sustentative, Sweeping, Sweet, Sympathetic, Synergistic, Systematic.

T. Tactful, Tailor-made, Take-charge, Talented, Tangible, Tantalizing, Tasteful, Taught, Teachable, Teaching, Teeming, Temperate, Tenable, Tenacious, Tender, Tender-hearted, Terrific, Thankful, Thankworthy, Therapeutic, There, Thorough, Thoroughgoing, Thoughtful, Thrilled, Thrilling, Thriving, Ticked, Tidy, Timely, Time-honored, Timeless, Time-saving, Tip-top, Tireless, Titanic, Titillating, Today, Together, Tolerant, Tonic, Topical, Top, Top drawer, Top-notch, Tops, To the max, Touching, Tough, Trailblazing, Tranquil, Transcendent, Transcendental, Transformable, Transformative, Transparent, Transpicuous, Traveled, Treasurable, Treasured, Tremendous, Trim, Triumphant, True, True-blue, Trusted, Trustful, Trusting, Trustworthy, Trusty, Truthful, Tuneful, Tutelary, Twenty-first century, Twenty-four carat.

U. Unafraid, Unambiguous, Unassuming, Unattached, Unbiased, Unbigoted, Uncommon, Uncomplicated, Uncompromising, Unconditional, Unconditionally Loving, Unconventional, Uncorrupted, Undaunted, Undesigning, Understandable, Understanding, Understood, Undiminished, Undisputed, Undivided, Undoubted, Unencumbered, Unequaled, Unequivocal, Unfailing, Unfaltering, Unfeigned, Unfettered, Unhesitating, Unified, Unimpeded, Unique, United, Unlimited, Unobjectionable, Unparalleled, Unprejudiced, Unpretentious, Unquestionable, Unreserved, Unrivalled, Unruffled, Unselfish, Unshakable, Unshaken, Unstoppable, Unsurpassed, Untiring, Unwavering, Up, Up-and-coming, Upbeat, Upcoming, Up front, Uplifting, Upright, Upstanding, Up-to-date, Up to par, Up to snuff, Up to speed, Uptown, Urbane, Utilitarian.

V. Valiant, Valid, Validating, Valorous, Valuable, Valued, Vast, Vaulting, Venerable, Venerated, Venturesome, Veracious, Veridical, Verified, Veritable, Versatile, Versed, Veteran, Viable, Vibrant, Victorious, Vigilant, Vigorous, Virtuous, Visionary, Virile, Vital, Vivacious, Vivid, Vivifying, Vocal, Vogue, Volcanic.

W. Wanted, Warm, Warm-hearted, Wealthy, Weighty, Welcome, Welcoming, Well, Well-arranged, Well-behaved, Well-built, Well-disposed, Well-established, Well-founded, Well-grounded, Well-informed, Well-intentioned, Well-

liked, Well-made, Well-meaning, Well-proportioned, Well-read, Well-received, Well-spoken, Well-suited, Well-timed, Whimsical, Wholehearted, Wholesome, Wide-awake, Willing, Winnable, Winning, Wired, Wise, With it, Within reach, Without equal, Without limit, Witty, Wizardly, Wonderful, Wondrous, Working, World class, Worldly, Worldly-wise, Worthy.

Y. Yummy.

Z. Zany, Zealous, Zestful.

Positive Adjectives to Describe Women

<i>Adjectives</i>	<i>Nouns</i>
A. Able, Aboveboard, Abundant, Accepting, Accessible, Accommodating, Accommodative, Acknowledging, Active, Actual, Adaptable, Adept, Admirable, Admired, Adored, Adoring, Affable, Affectionate, Affective, All heart, Allowing, Altruistic, Amazing, Amenable, Amiable, Amicable, Amusing, Appeasing, Appreciated, Approachable, Appropriate, Approving, Apt, Assertive, Assiduous, Assistive, Associative, Assuring, At hand, At the ready, Attentive, Autodidactic, Atypical, August, Authentic, Authoritative, Available, Awaited, Aware, Awesome.	Acceptor, ace-in-the-hole, achiever, adherent, admirer, adorer, adviser, advisor, advocate, aide, alleviator, ally, altruist, agent, appreciator, archetype, asset, assistant, attendant, authority.
B. Balanced, Beaming, Beautiful, Believable, Belonging, Beneficent, Benevolent, Benignant, Better, Best, Beyond compare, Big-hearted, Blue-ribbon, Bright, Buoyant, Bustling, Busy.	Backer, backup, begetter, being, believer, benchmark, benefactor, benefactress, benefit, bestower, blessing, bodyguard, boss, booster, bundle of energy, builder.
C. Calm, Calming, Calmative, Can do, Canny, Capable, Cared for, Careful, Caring, Caretaking, Casual, Celebrated, Celebratory, Centered, Central, Certain, Changeless, Charitable, Charming, Cheerful, Cherished, Cherishing, Chosen, Chummy, Classic, Classy, Clean, Clear, Clear-cut, Clearheaded, Clear-sighted, Clement, Close, Collaborative, Colorful, Comfortable, Comforting, Commanding, Committed, Communicative, Companionable, Compassionate, Competent, Complete, Complimentary, Composed, Conciliatory, Condolatory, Confident, Conscientious, Consentient, Considerable, Considerate, Consistent, Constructive, Contemplative, Conversant, Convivial, Cool, Cordial, Correct, Courteous, Cozy, Crackerjack, Creative, Credible, Creditable, Credited, Cultivating, Cultured, Curative.	Carrier, caretaker, catalyst, cause, chaperon, cheer leader, collaborator, comforter, commander, companion, confidant, conservator, consoler, consultant, contributor, controller, cooperator, cornerstone, counsel, counselor, creator, custodian.
D. Dauntless, Dear, Decent, Decisive, Dedicated, Deductive, Definite, Deliberate, Delightful, Dependable, Deserving, Determined, Devoted, Didactic, Diehard, Dignified, Diligent, Diplomatic, Direct, Disarming, Discerning, Disciplined, Discreet, Discrete, Distinguishing, Diverse, Doting, Doubtless, Doughty, Down-to-earth, Driven, Durable, Dutiful, Dynamic.	Dear, defender, devotee, director, doer, domestic, donor, driver, dynamo.
E. Earnest, Earthy, Easy to approach, Easy to talk to, Economical, Edifying, Educational, Effective, Effectual, Efficient, Elevating, Empathetic, Empowering, Enabling, Enchanting, Encouraging, Endearing, Endeavoring, Endorsing, Enduring, Energetic, Energizing, Engaged, Engaging, Enjoyable, Enlightening, Enlivening, Enriched, Enriching, Ensuring, Enterprising, Entertaining, Enthusiastic, Entrusted, Equitable, Essential, Established, Esteemed, Ethical, Even-handed, Evocative, Evolved, Excellent, Exemplary, Expeditious, Experienced, Extraordinary.	Encourager, endorser, enthusiast, example, exemplar, experimenter, expert.
F. Facilitative, Factual, Fair, Faithful, Familial, Familiar, Fantabulous, Fantastic, Far-sighted, Favorite, Feel-good, Felicitous, Fiery, Firm, First, First-class, First-order, First-rate, Five-star, Flavorful, Flavorsome, Focused, Fond, Forbearing, Foremost, Foresighted, Forgivable, Forgiving, Formidable, For real, Forthcoming, Forthright, Fortifying, Forward-thinking, Foundational, Four-star, Frank, Friendly, Fruitful, Fulfilling, Fundamental.	Family, financier, fireball, first in command, force, forbearer, forerunner, foundation, fount, fountain, fountainhead, friend.
G. Generous, Genial, Genteel, Gentle, Genuine, Giving, Goal-oriented, Good, Goodhearted, Good-feeling, Good-humored, Goodly, Good-natured, Graceful, Gracious, Greathearted, Grounded, Guaranteed, Guiding,	Generator, gentlewoman, gem, gift, giver, Godsend, go-getter, good egg, good Samaritan, good spirit, good thing, grantor, guardian, guidance

Guileless, Gung ho.	counselor, guide, guru.
H. Happy, Hard-working, Harmonic, Harmonious, Healing, Heartfelt, Heart-to-heart, Heartwarming, Hearty, Heavenly, Helpful, Helping, Heroic, High Caliber, High-demand, Highly valued, High-minded, High-quality, High-reaching, High-spirited, Honest, Honorable, Honored, Hospitable, Huggy, Huggable, Human, Humane, Humanistic, Humanitarian, Humble.	Handler, hard worker, head, heart, help, helper, heroine, homemaker, host, house keeper, housewife, human being, humanitarian.
I. Ideal, Idealistic, Illuminating, Imaginative, Immaculate, Immeasurable, Immediate, Impartial, Impassioned, Impeccable, Imperturbable, Important, Improvisational, Incisive, Inclusive, Incomparable, Incontrovertible, \ Incorruptible, Indefatigable, In demand, Indestructible, Indispensable, Indisputable, Indomitable, Indubitable, Industrious, Inexhaustible, In fine fettle (good spirits), Influential, Informative, Inimitable, Innovative, Inquisitive, Insightful, Inspirational, Inspiring, Inspiring, Instinctive, Instructive, Integral, Integrated, Integrative, Interconnected, Interconnective, Intelligent, Intent, Interactive, Interested, Intrepid, Inventive, Invigorated, Invigorating, Invincible, Inviting, Irreplaceable, Irrepressible, Irreproachable.	Icon, ideal, individual, influence, initiator, innovator, inspiration, institutor, introducer, inviter.
J. Jovial, Joyful, Joyous, Judicious, Just, Justified, Just right, Juvenescent.	Jewel.
K. Keen, Key, Kind, Kind-hearted, Kindly, Knowable, Knowing, Knowledgeable, Known, Kosher.	
L. Ladylike, Laid-back, Laudable, Leading, Leisurely, Lenient, Level-headed, Liberal, Liberated, Liberating, Libertarian, Light-hearted, Likable, Lively, Logical, Lovable, Loved, Lovely, Loving, Loyal.	Lady, leader, leading light, liberal, lightworker, lover, luminary.
M. Magical, Magnanimous, Managerial, Mannerly, Matchless, Maternal, Matter-of-fact, Mature, Maximal, Meaningful, Measured, Meditative, Memorable, Merciful, Meritorious, Merry, Methodical, Methodological, Meticulous, Mindful, Miraculous, Model, Modest, Moral, Motherly, Motivating, Motivational, Moving, Multidimensional, Multidisciplined, Multifaceted, Munificent.	Maker, manager, marvel, mediator, memory-maker, mentor, minder, miracle, miracle worker, mom, mommy, mother, mover, motivator.
N. Natural, Near to one's heart, Nearby, Neat, Necessary, Needed, Neighborly, Never-failing, Nice, Noble, Nobody's fool, No dummy, No strings attached, Nonchalant, Nonpareil, Normal, Normative, Not born yesterday, Nourishing, Number 1, Nurturing, Nutritional.	No slouch, number one, numero uno, nurse.
O. Objective, Obliging, Observant, OK, Okay, On hand, On the ball, On the beam, On the job, On the outlook, On the money, On the move, Open, Open-handed, Open-hearted, Open-minded, Optimal, Optimistic, Optimum, Orderly, Organic, Organized, Original, Outgoing, Outspoken, Outstanding, Overflowing, Overjoying, Overriding, Overruling, Overt.	Object of affection, one and only, operator, optimist, orchestrator, organizer, original, originator, overseer.
P. Pacific, Participative, Participatory, Particular, Patient, Peaceable, Peaceful, Peerless, Penetrating, Perceptive, Perceptual, Perennial, Perseverant, Persevering, Persistent, Personable, Persuasive, Perseverant, Persistent, Pertinent, Philanthropic, Philosophical, Pious, Placid, Pleasing, Plenteous, Plentiful, Poignant, Poised, Polite, Positive, Potent, Powerful, Practical, Practiced, Pragmatic, Praiseworthy, Prayerful, Precious, Preemptory, Prepared, Present, Presentable, Prevalent, Priceless, Primary, Principled, Proactive, Probative, Productive, Proficient, Progressive, Promoting, Prompt, Proper, Propitious, Protective, Proud, Prudent, Punctual, Pure, Purifying, Purposeful.	Pacifier, pearl, presence, pathfinder, patron, pearl, peacekeeper, peacemaker, personality, phenom, phenomenon, playmate, planner, policy maker, predecessor, presence, presenter, prime mover, problem-solver, producer, progenitor, promoter, proponent, proposer, protagonist, protector, provider, purist, purveyor.
Q. Qualified, Qualitative, Quality, Queenly, Quick, Quickened, Quick on the draw, Quick-witted, Quiet, Quintessential.	

<p>R. Rare, Rational, Razor-sharp, Reliable, Reachable, Ready, Real, Reassuring, Receiving, Receptive, Reciprocal, Recommendable, Rejuvenating, Related, Relative, Relaxed, Relaxing, Relished, Relishing, Remarkable, Renewing, Renewed, Resourceful, Respectable, Respected, Respectful, Restorative, Revitalized, Revitalizing, Revivifying, Rewarded, Rewarding, Right, Righteous.</p>	<p>Reader, referee, reliever, regulator, resource, right-hand person, role model, roter, runner.</p>
<p>S. Sacrosanct, Safe, Salubrious, Sapient, Satisfying, Saucy, Savory, Savvy, Scrupulous, Seasoned, Second-to-none, Secure, Secured, Sedulous, Self-assured, Self-confident, Self-disciplined, Self-expressive, Self-governing, Selfless, Self-made, Self-sacrificing, Self-starting, Self-taught, Sensible, Sensitive, Sentimental, Serene, Service-minded, Service-oriented, Settling, Sharing, Sharp, Sharp-eyed, Sharp-witted, Sheltering, Shrewd, Significant, Simple, Sincere, Skillful, Skilled, Smart, Sociable, Social, Societal, Soft-hearted, Solid, Solid gold, Solomon-like, Soothing, Soulful, Sound, Special, Spicy, Spiffy, Spirited, Spiritual, Splendid, Spontaneous, Spotless, Square, Stable, Staid, Stainless, Stalwart, Stand-up, Stately, Staunch, Steadfast, Steady, Stellar, Sterling, Still, Straightforward, Straight out, Strategic, Striving, Strong, Strong-willed, Substantial, Substantive, Super, Superabundant, Superb, Super-ethical, Super-excellent, Supporting, Supportive, Sure, Sure-fire, Sure-footed, Sure-handed, Surpassing, Sustaining, Sweet, Swell, Sympathetic, Synergistic, Systematic.</p>	<p>Saint, salt of the earth, saver, savior, scripter, sculptor, self-starter, sentinel, servant, server, soul, sponsor, stabilizer, standard, star, straight shooter, stipendiary, strategist, something, something else, stylist, superstar, superwoman, supervisor, supplier, support, supporter.</p>
<p>T. Tactful, Take-charge, Talented, Taught, Teaching, Temperate, Tenacious, Tender-hearted, Terrific, Therapeutic, There, Thorough, Thoughtful, Thriving, Tidy, Tight, Timeless, Time-saving, Tip-top, Tireless, Together, Tolerant, Tonic, Top, Top drawer, Top-notch, Tops, Touching, Tough, Trailblazing, Tranquil, Transformative, Treasurable, Treasured, True, True-blue, Trusted, Trustful, Trusting, Trustworthy, Trusty, Truthful, Twenty-four carat.</p>	<p>Teacher, thinker, transporter, trainer, treasure, tutor.</p>
<p>U. Unabashed, Unafraid, Unambiguous, Unassuming, Unbeatable, Unbeaten, Unbiased, Unblemished, Unbroken, Uncommon, Uncomplicated, Uncompromising, Unconditional, Unconditionally Loving, Unconventional, Uncorrupted, Undaunted, Undeniable, Understandable, Understanding, Understood, Undisputed, Undivided, Undoubted, Unequaled, Unequivocal, Unflinching, Unfaultable, Unflagging, Unflappable, Unhesitating, Unimpaired, Unimpeachable, Unimpeded, Unique, Unisonous, Unobtrusive, Unparalleled, Unpretentious, Unquestionable, Unreserved, Unrivalled, Unselfish, Unshakable, Unshaken, Unstoppable, Unsurpassed, Untarnished, Untiring, Unwavering, Upbeat, Up front, Uplifting, Upright, Upstanding, User-friendly, Utilitarian.</p>	<p>Underwriter, upholder.</p>
<p>V. Validating, Valued, Versatile, Vibrant, Vigilant, Vigorous, Virtuous, Vital, Vivacious, Vivid, Vivifying.</p>	<p>Validator, VIP, visionary, volunteer.</p>
<p>W. Wanted, Warm, Warm-hearted, Watchful, Welcome, Welcoming, Well-behaved, Well-disposed, Well-established, Well-founded, Well-grounded, Well-informed, Well-intentioned, Well-liked, Well-meaning, Well-received, Well-spoken, Whiz-bang, Wholehearted, Wholesome, Wise, Within reach, Without equal, Wonderful, Working, World class, Worthy.</p>	<p>Wellspring, well-wisher, wife, winner, wizard, woman, wonder, workhorse.</p>
<p>Y. Young-at-Heart.</p>	
<p>Z. Zealous, Zestful, Zesty.</p>	