

GOLDIE HAWN PROMOTES LAUGHTER AT OHIO LECTURE

Goldie Hawn said she suffered from depression and anxiety early in her career before years of therapy helped her discover the healing power of laughter.

"It was a time when people were asking for my autograph, and I didn't even know who I was," she told an audience on Sunday. "Getting fame, fortune and money is supposed to make people happy. But sometimes it's just unsettling." Hawn addressed a crowd at the Aronoff Center as part of this year's Smart Talk women's lecture series. She urged her audience to laugh every day, saying it provides emotional and physical benefits.

"When you go to sleep at night, ask yourself, 'How many times did I laugh today?' before you think about the troubles," she said.

"Laughter is no laughing matter," she added. "Hey, I just made that up!"

Hawn won the best supporting actress Academy Award for 1969's "Cactus Flower." The mother of actress Kate Hudson, she's also known for her spot on the variety show "Rowan & Martin's Laugh-In" and performances in the movies "Private Benjamin" and "The First Wives Club."

Hawn is currently promoting the "Traveling Museum of Laughter," an exhibit designed to entertain and inform people about the benefits of laughter.