



The Power of Giving

September 15, 2010

This week perform as many random acts of kindness as you can. Preferably for a stranger. Anonymously.

It's the perfect antidote for those earliest rumblings that you've invited yourself to your own private pity party. When you're seduced to worry, tricked into a state of fear or deceived by circumstances, it's simply a reminder that you need to serve someone.

Choose a stranger who needs encouragement, a passerby who could use a smile or surprise the checkout clerk with a compliment. Sure, it will uplift them, but notice what it does for you.

When we're admonished to love others as ourselves, it's easy to overlook the profound effect loving others has on us. Like its cousin forgiveness, loving others is as much (or more) for our own well-being as for that of others. The more we give away, the more we receive.

Two Great Ways to Give This Week:

- 1) Give the "Gift of Health" and tell someone about Wellness Chiropractic ***(they'll receive a free initial exam with a donation to the food bank through next week!)***
- 2) Fall Food Drive: Bring in some items to donate to the Montgomery County Food bank just because you want to!



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