

**HOW YOU CAN HELP: AN EASY GUIDE TO DOING
GOOD DEEDS IN YOUR EVERYDAY LIFE**

Caitlin Nicol Cumbo

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Reflect on how they made you feel and write these feelings. The only way to tell the truth is to speak with kindness. Researchers then gave the participants small sums of money and two basic choices: They could spend it on themselves by covering a bill, another expense, or a gift for themselves or on someone else through a donation to charity or a gift. Theonlywayyoucantrulyloveothersistofirsthaveconfidenceandlove. She also mixes in some general thoughts on gratitude. A Anonymous Feb 14, More success stories All success stories Hide success stories. EditRelatedwikiHows.I don't believe random acts of kindness should have to be extraordinary all

the time, but it was like the author wanted to be commended for doing basic human acts of decency. These rushes are often followed by longer periods of calm and can eventually lead to better wellbeing.