



daily GOOD

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. --Leo Buscaglia

Touch as a Form of Nutrition

Is it any coincidence that when a friend or loved one does something nice for us, we feel "touched"? As John Tuite, founder of The Centre for Embodied Wisdom, tells us, "We mistakenly think that touch occurs on the periphery of our self, a skin thing." But as he shares, touch is a crucial piece of our health and development, and one we all too often go without as we get older.

Be The Change:

Give someone you love a hug today!