



daily GOOD

There is a living to give instead of to get. As you concentrate on the giving, you discover that just as you cannot receive without giving, so neither can you give without receiving -- even the most wonderful things like health and happiness and inner peace. --Peace Pilgrim

29-Day Giving Challenge

Feeling desperate and hopeless after spending eight days in the hospital related to multiple sclerosis, 35-year-old Cami Walker, decided to take an odd "prescription" from an African medicine woman. The remedy? Give away one thing each day for 29 days. "I thought the suggestion was crazy at first, but decided it wasn't going to hurt me to try it. Things couldn't get much worse," said Walker. "I was shocked by how quickly things turned around for me. By day 14, I was able to walk without my cane and many of my MS symptoms subsided. I was able to start working part-time again by day 29." Now, several months and many daily gifts later, Walker says she is still improving. Walker was so inspired by the changes in her health and other areas of her life that she decided to turn the 29-Day Giving Challenge into a worldwide giving movement.

Be The Change:

Read the 29-Day Giving Challenge Rules [here](#) and consider trying it out!