



## daily GOOD

To be rich in admiration and free from envy, to rejoice greatly in the good of others, to love with such generosity of heart that your love is still a dear possession in absence or unkindness - these are the gifts which money cannot buy. --Robert Louis Stevenson

### Less Give More

As the saying goes, life at the bottom is nasty, brutish and short. For this reason, some might assume that people in lower social classes will be more self-interested and less inclined to consider the welfare of others than upper-class individuals. A recent study, however, flips this idea on its head. Experiments by Paul Piff and his colleagues at the University of California, Berkeley concludes that the poor, not the rich, are more inclined toward charity. The increased compassion among the poor, Piff suggests, increases generosity and helpfulness, and promotes a level of trust and cooperation that may be essential for survival during hard times.

### Be The Change:

Give away one of your possessions to someone in need of it today. See if it increases the feeling of trust and compassion between you and the person you give to.