



daily GOOD

Nothing in life is trivial. Life is whole wherever and whenever we touch it, and one moment or event is not less sacred than another. it. You've got to really look after it and nurture it. --Vimala Thakar

Letters From Strangers Save Teen's Life

"Words have power. They can tear a person down, or build someone back up -- as we found on the road in Columbia, Maryland "There are a lot of kids out there that suffer depression and anxiety," said seventh-grader Noah Brocklebank. And not many are willing to talk about it on national television. "Not many are willing to talk about it, period," said Noah." When Noah posted a note on Facebook about planning suicide there was no predicting the compassion catalyzed around globe, that ultimately would save his life.

Be The Change:

Write a note of encouragement or support to someone going through a difficult period.