

# Giving help to others



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# Helping others is the Best way to brighten your life.

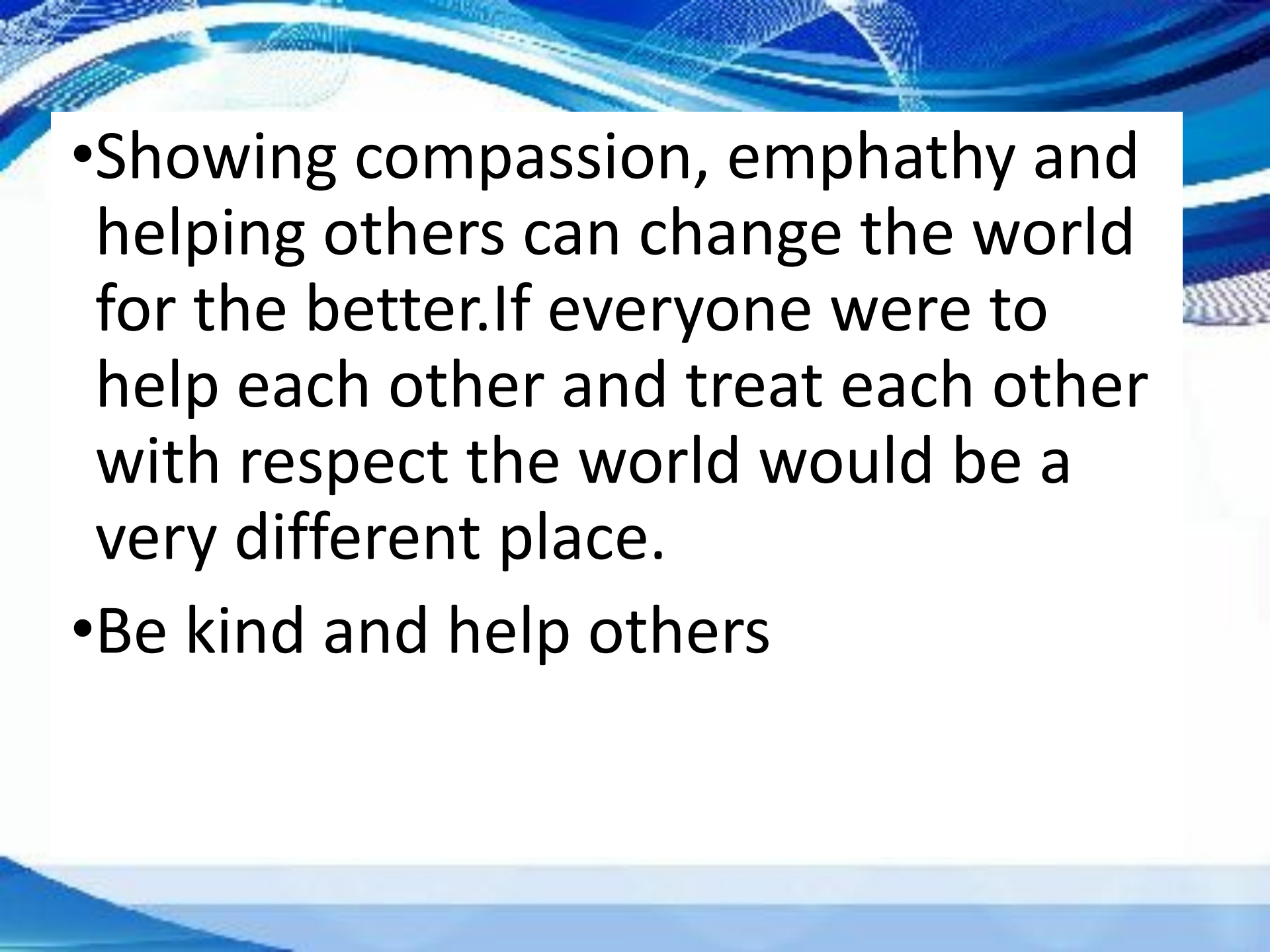
Do you know helping others will brighten your life? Helping others is a trait, very valuable yet hard to find. The more you give, the more you grow. Helping doesn't necessarily involve money. One can help others by sharing time, knowledge and skills.

Helping others is good for the soul. It helps us to live a happier more fulfilled life. The benefits include;

- Gives us a feeling of contentment and peace
- Gives us a sense of purpose
- Brings us love and happiness
- Better others live
- If you are good to others then it will help others to be good in turn

# Helping Others To Change The World



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- Showing compassion, empathy and helping others can change the world for the better. If everyone were to help each other and treat each other with respect the world would be a very different place.
  - Be kind and help others

