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Impair Healthy Healing In People Over The Age Of 30!

A Simple Thank You

By Birmingham UK Com

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A Simple Thank You A taxi driver from Focsani in Romania found £2,500 and some passports in the back of his cab after taking two businessmen to a meeting. In Romania this is the equivalent of two and a half year's wages for an average cabbie. The honest cab driver guarded the money and took precious time out when he should have been out looking for customers and earning a living. The driver sat and guarded the money and belongings until the owners were able to come and collect it. Finally the two businessmen arrived to get their money and passports. Their obvious relief and happiness in getting their money and passports back was countered with a heartless and incredible reward for the cab driver - they just took the money and walked away without so much as a thank you.

Incredible though it may seem they neither took the trouble to thank the driver or offer any kind of reward as encouragement. Just what will happen the next time some hapless foreign visitor leaves their belongings in the back of this drivers taxi?

All too often these days acts of kindness or effort on the part of many individuals is rewarded by stony silence or indifference. What would you have done? Has life's experience taught you that honesty is not the best policy?

This common courtesy extends to simple day to day things. You fire off requests for information by email or you take up someone's valuable time and resources. They reply with what you want - do you thank them? This is the most common criticism of email related enquiries and the reason why your requests are often ignored. People can no longer be bothered to respond.

When you receive exceptional service at a restaurant or a member of the public goes out of their way to help you out - what do you do? How do you thank them?

Recently a down and out guy sat hunched up in the cold outside a chip shop was handed some chicken and chips and a hot cup of coffee by a concerned passer by who only went into the chippie out of compassion to buy a meal for someone who was obviously less fortunate than himself. In response the tramp replied angrily "You could have just given me some money"

A Simple Thank You

You drive through a busy town centre and no one gives you right of way or offers to let you out so you have to edge your way into the traffic and force yourself out into the busy road, eventually blocking it so that others are reluctantly forced to let you out.

Just when you despair of the human race a natural disaster of epic proportion in the form of a tsunami devastates a multitude of countries. Your faith in human nature is restored as you see millions, billions even, being donated to the charities.

The point of this rant? Did you donate to the tsunami relief effort? Do you take the trouble to thank people on a regular basis for things they have done for you or do you take it for granted. Are you a contributor to modern society and its ugly side? Think about it. It affects the way you live...

Only you can really answer these questions. What experiences of ingratitude or gratitude have you come across recently?

A simple thank you costs nothing.....

<http://www.birminghamuk.com>

From Birmingham UK. Please stop by and say hello. <http://www.birminghamuk.com>

What's Simple?

By Angie Dixon

If you walk up to a stranger in the grocery store and ask them to define "simple," as in "simple life," they'll probably say something like "having less stuff." Or they might hit you with a frozen turkey. But probably they'll associate simple with stuff.

The thing is that simple is not about how much or how little you have. You can have all the stuff you want and have a simple life. That's the key, though—the stuff you want. Simple is about having more of what you want and less of the things that get in your way and trip you up.

If you continue questioning the guy with the turkey, he may hit you with it again, or he may spit out some more associations with the word "simple." Those words might include "nature," "inexpensive," "boring," "organized," "miserly." Those are words we think of when we think of simple living, but none of them has to be associated with simplicity—certainly not boring and miserly. Sure, if you want to live your simple life with nature, you can. If you want to get rid of most of your life and live on a shoestring, you can.

The key to simple living is to have, as much as possible, only what you want. Naturally you have to have things in your life that you don't want, like traffic and Monday mornings. But your goal in reaching simplicity is to have more of the things you do want, like good books and doughnuts on Sunday morning, and maybe a good CD to listen to in the car while you're in traffic on Monday morning.

Simple is really simple. It's what you want, not what you don't.

A Simple Thank You

Angie Dixon helps small business owners get their acts together. She is a personal development coach specializing in helping people integrate their home and work lives so they feel less stretched and more balanced. Get her FREE EBOOK on balance at

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to discover how coaching can change your life, contact Angie at

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What's Simple?

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