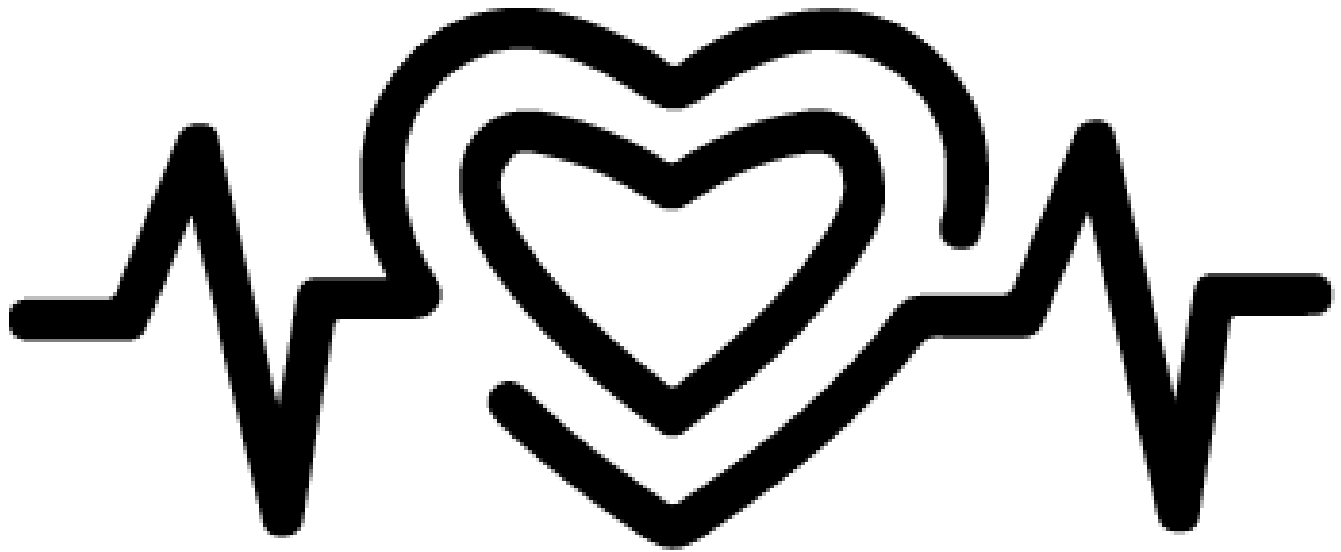




Science of Kindness



“Activities such as counting one’s blessings, writing letters of gratitude, and performing acts of kindness have been shown to reliably boost well-being.” –Shin et al., 2019

