



## **"THE MAGIC EIGHT"** *SIMPLE GIFTS TO A FULFILLED LIFE*

*By Adrian D. Fenderson, DDS*

### **1) THE GIFT OF LISTENING . . .**

But you must REALLY listen. No interrupting, no daydreaming, no planning your response. Just listen.

### **2) THE GIFT OF AFFECTION . . .**

Be generous with appropriate hugs, kisses, pats on the back and handholds. Let these small actions demonstrate the love you have for family and friends.

### **3) THE GIFT OF LAUGHTER . . .**

Clip cartoons. Share articles and funny stories. Your gift will say, "I love to laugh with you."

### **4) THE GIFT OF A WRITTEN NOTE . . .**

It can be a simple "Thanks for the help" note or a full sonnet. A brief, handwritten note may be remembered for a lifetime and may even change a life.

### **5) THE GIFT OF A COMPLIMENT . . .**

A simple and sincere, "You look great in red," "You did a super job" or "That was a wonderful meal" can make someone's day.

### **6) THE GIFT OF A FAVOR . . .**

Every day, go out of your way to do something kind.

### **7) THE GIFT OF SOLITUDE . . .**

There are times when we want nothing better than to be left alone. Be sensitive to those times and give the gift of solitude to others.

### **8) THE GIFT OF A CHEERFUL DISPOSITION . . .**

The easiest way to feel good is to extend a kind word to someone; it's not really that hard to say, Hello or Thank You.

*Friends are very rare jewels, indeed. They make you smile and encourage you to succeed. They lend an ear, they share a word of praise, and they always want to open their hearts to us.*

WANT TO USE THIS ARTICLE IN YOUR E-ZINE OR WEB SITE? Please be my guest as long as you include this complete blurb: Adrian D. Fenderson, Napa Valley's leading high tech with soft touch family & cosmetic dentist, has served Northern California's wine region for over thirty years. He publishes ALL ABOUT SMILES monthly online newsletter for the positive minded, progressive individual. To join Dr. Fenderson's exclusive online community, please go to [www.napadentist.com](http://www.napadentist.com) and [www.facebook.com/napadentist](http://www.facebook.com/napadentist).

