

Good morning!

Thanks to all of you who have been so supportive in my new endeavor, **Touch of Gratitude, LLC**, Therapeutic Massage. Your words of encouragement have been amazing, and the fact that so many of you trust me to be your massage therapist and/or recommend me to someone else speaks volumes...thank you from the bottom of my heart.

Business is growing steadily, and I have all of you to thank for that. My plan is to communicate with you all monthly, providing a concise, informative e-note. Each month I'll touch on the following areas: 1) business development/updates, 2) personal growth/benefits and 3) giving back. This will also help for us to keep connected☺. If at any time you have any questions, comments or feedback, or wish to be removed from this list, please contact me at [steph@touchofgratitude.com](mailto:steph@touchofgratitude.com).

### **Business Development/Updates – NEW BODY SUPPORT SYSTEM**

When I attended the National Massage Therapy Association's Conference I was introduced to the bodyCushion® support system and I LOVE it! The bodyCushion® allow your body to maintain its natural curvatures, promoting muscle relaxation, joint decompression and increases comfort during the massage. The feedback from clients has been positive and I love the fact that it assists me in providing quality massage therapy. If you're curious, you can check out the system at [www.bodysupport.com](http://www.bodysupport.com).

### **Personal Growth/Benefits – PLEASE and THANK YOU!**

With the busy holiday season upon us, these 3 little words can make all the difference! Starting a request with “please” and making sure you acknowledge someone's efforts with “thank you” shows individuals respect. It puts a smile on their face and they are usually more willing to assist you. If you already do this on a regular basis – THANK YOU! If not...try it out...see the results. You'll be amazed at how positively people will react (plus, it'll make your mom proud☺).

### **Giving Back – FreeRice**

I was introduced to the organization CoolPeopleCare<sup>SM</sup>, a for-profit organization that wants to make a difference. You can check them out at [www.coolpeoplecare.org](http://www.coolpeoplecare.org) if you'd like to learn more about them. I signed up to receive their daily 5 Minutes of Caring article, and the one on FreeRice really stuck with me, so I'm sharing it with you. Maybe you'll give it a try?

[Like Words for Rice](#) by Sam Davidson | Thursday, October 25, 2007

Today, by spending [5 minutes](#) improving your [vocabulary](#), you'll be feeding people at the same time. Thanks to generous site sponsors, [FreeRice](#) offers you a chance to donate grains of rice to be distributed via the [UN Food Program](#). It's easy: a word pops up on the screen, and you have to pick its meaning from a list of [multiple choice](#) options. For each correct answer, **ten grains of rice go to feed the hungry around the world**. After 5 minutes is up, you'll have fed [lots of people](#) and maybe even learned a word or two (or fifty).

Have a fabulous day! I look forward to seeing you!

Steph☺

Show your body some gratitude...schedule a massage today!