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Giving is good for you

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Dr Blaire Morgan, (/staff/profiles/education/morgan-blaire.aspx) a member of the **Jubilee Centre for Character and Values (http://www.jubileecentre.ac.uk/)** made an appearance on ITV News Central in December in support of a **Fixers Good Gestures (http://www.fixers.org.uk/index.php?module_instance_id=11208&core_alternate_io_handler=view_news&data_ref_id=7895)** campaign.

Stephen Sutton, who is aged 18 and has incurable cancer is dedicating the time he has left to spreading happiness and inspiring others to live life to the fullest. He says that he has 'found the best way to help myself is to help others and if everyone had that attitude the world would be a wonderful place.' Blaire, who is examining the emphasis placed on a number of life values, such as honesty, self-control, gratitude and fairness through the *Attitude for Gratitude* project, thinks acts of kindness like this can be genuinely uplifting. 'There's plenty of psychology research that shows giving is good for you,' she says, 'So what Stephen is doing by giving a smile or a handshake is he's creating this ripple effect of giving that can pass from one person to the next.'

Find out more about Stephen and his Fixers Good Gestures campaign in the video below.

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