



By Jack Levine

Here's my 20-item Emotional Gift Guide which I hope will be meaningful for you in this season of celebration.

To yourself....respect, confidence, faith and fortitude.

To a family member....communication and understanding, even if there have been relationship challenges.

To a friend....a heartfelt, caring spirit and appreciation.

To our natural world, animal and plant life....admiration, protection, and preservation.

To a good cause....generosity of time and treasure and ardent advocacy.

To a traveler....an open door of hospitality.

To our military forces, first responders and their loved ones....honor, admiration, and support to heal the wounds.

To the ill and hurting....conscientious concern and comfort.

To the hungry and homeless....compassion, emergency services, and creative community solutions.

To the abused, neglected and abandoned....representation, security, and hope.

To someone with a special challenge....recognition, acceptance, and a path to independence.

To the addicted and troubled....open arms, forgiveness, and a positive path to recovery.

To an infant and toddler....attention, attachment, safety, and learning opportunities.

To a child or teen....patience, guidance, and a positive example through mentoring.

To a parent in need....a helping hand and guidance.

To an elder....reverence, gratitude, and dignified care.

To a customer or client....excellent service and lasting value.

To everyone you see, friends and strangers alike....a warm smile, acts of kindness, and positive energy.

To people of every age....unconditional love and sincere gratitude.

To all the peoples of the world....justice, and peace.