

## Episode-17

Spread the joy. Appreciate!

### Appreciation

Words of appreciation give us an energy boost, a surge in our motivation and a calming feeling of reassurance. But many of us are held back by our pride when it is our turn to appreciate someone else. In such a situation, I advice, don't let your pride get the better of you. Spread the joy, truly appreciate and compliment someone.

Appreciating all the love you've given to my podcast, I invite you to tune in to our latest episode.

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