**NOTE:** Following are excerpts from a book titled *WONDER DRUG*, by Stephen Trzeciak, M.D., and Anthony Mazzarelli, M.D. It’s a book about how living a life of service to others is good for one’s physical and emotional health. The motto the authors use throughout the book to describe their message is **Live to Give** and those who practice this motto they call **Live to Givers**. I share the messages in this book with TIP volunteers and TIP leaders to celebrate you as **Live to Givers**; to report on the essential role volunteering plays in your health (it’s a Wonder Drug); and to share ways of becoming even more of a person who lives their life for others.

**THE MAJOR MESSAGE OF WONDER DRUG**

- Serving others is a way of life that lowers stress, fine tunes your body’s physiology, deepens relationships, protects resilience to hardships and even can help you earn more money.
- Altruism is a powerful therapy to cure yourself.
- If we are giving like we were born to, we thrive.
- The brain and body are hardened machines that run better on caring and connection.

**THE SCIENTIFIC CASE FOR FOCUSING ON OTHERS**

- Robust research shows that a key to resilience and resistance to burnout is this: strong, intimate close, caring relationships.
- Research supports the conclusion that acquisition seems to be a fast, flawless formula for unhappiness.
- A Brigham Young study found adolescents who helped others were protected against anxiety and depression.
- Stephanie Brown PhD found that when a spouse dies, the surviving spouse found relief by offering advice and practical support to others.
A Carnegie Mellon study found that those who volunteered at least 200 hours over the previous year were 40% less likely to develop high blood pressure than non-volunteers. And those who volunteered at least 100 hours in the previous year had lowered mortality risk.

**QUOTABLE**

- “Life’s most persistent and urgent question: ‘What are you doing for others?’” Martin Luther King
- “It’s well to remember that the entire universe, with one trifling exception is composed of others.” John Andrew Holmes
- “If your dream involves just you, it’s too small.” Ava DuVernay
- “The 3 lies… career success is fulfilling… I can make myself happy… You are what you accomplish.” David Brooks
- “We must love one another or die.” W.H. Auden
- “Life becomes harder for us when we live for others, but it also becomes richer and happier.” Albert Schweitzer
- “The joy that compassion brings is one of the best kept secrets of humanity.” Henri Nouwan
- “When you are behaving as if you love someone, you will presently come to love him.” CS Lewis

**HOW TO BECOME AN EVEN BETTER LIVE TO GIVER**

**START SMALL**

- Look around you for opportunities to help.
- Start where you live.
- A smile can change a life.

**BE THANKFUL**

- Those who are grateful want to serve others. A grateful attitude leads to wanting to serve.
- Write “gratitude notes” and make “gratitude visits.”

**BE PURPOSEFUL**

- Find the greatest need you can, and then meet it.
- ASK others: “How can I be helpful?”
- Take on the responsibility of serving others.
- We owe it to our fellow humans to be there in times of suffering.

**FIND COMMON GROUND**
• Focus on others’ feelings.
• See the basic humanity in everyone.

• **SEE HOW GIVING MAKES AN IMPACT**
  
  • Discover the impact of your giving.
  • Ask how your charity dollars are making a difference.
  • Connect with the people you are helping.
  • Have a clear vision and a plan for your giving.
  • Have a positive memory of when you made an impact.
  • Keep your eyes open to all the helping happening around you. You will want to join in.

• **ELEVATE**
  
  • Associate with other Live to Givers.
  • Choose your friends carefully.
  • Have a Mantra... “I AM a Live to Giver!”

• **KNOW YOUR POWER**
  
  • By being a Live to Giver you have unlimited power to make a real impact on peoples’ lives and your own.
  • Kind words live in the recipients echo chamber reverberating over and over again through the years.
  • Compassion can be a powerful restorer of hope for those feeling hopeless.

**THE CHALLENGE FOR LIVE TO GIVERS: LIVING IN A ME CULTURE**

• There is an epidemic of self interest in our society.
• There is a risk in the “self-care” approach if it is only about more ME time.
• 80% of children believe their parents put a higher value on achievement than they do on caring for others.
• Young people get the message: “Follow your bliss” … “You do you” … “Indulge yourself.”
• Less than 25% of advice to new graduates in commencement addresses is about serving others.