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It can boost your happiness. Volunteers tend to weigh less, to feel healthier, to have less chance of suffering a heart attack, and to score higher in every happiness domain. Volunteering takes the focus off of your own problems and increases your sense of pride in your community or social network. If you're not a volunteer now, start small. Volunteer once a month at your church or local social service. As you feel the benefits, research shows, your involvement will likely grow of its own accord.

Submitted by Pete Hanner

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