



# Hug Someone You Love Today: And How to Leave Your Personal Signature

*Michael A. Pickles*

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During my fourth year of teaching, I had the great privilege of working with an amazing educator by the name of Miss Bezanson. She taught a grade four class to whom I taught Physical Education. Therefore, I had the opportunity to socialize with her on a daily basis. About six months into the school year, Miss Bezanson gave me something that would forever change my teaching techniques and my life, although I did not realize it at that moment. One afternoon, I was in Miss Bezanson's class discussing a student who was displaying increasing behavioural problems in my Physical Education class. Sensing that I was experiencing tremendous stress as a result of this student, she gave me something that touched my heart and reinforced an important life lesson. She handed me a small paper card entitled "Hug Someone You Love Today" That was it! No preachy sermon or fancy teaching strategies. At that moment, I realized that maybe all that child needed was a simple hug. A sign of affection which he may or may not have been receiving at home. So the next day, I gave him a "Hug Someone You Love Today" card. From that day forward, I never had another major problem with that student. It was absolutely amazing. In this book, I will share with you some of the heart-felt, true stories that I have accumulated over the years as a result of passing out these "Hug Someone You Love Today" cards along to those in need. These are stories about normal folks like you and I, whose lives have been positively changed as a result of receiving this simple card. As you read these stories, hopefully you will begin to feel more peaceful and loving yourself.

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