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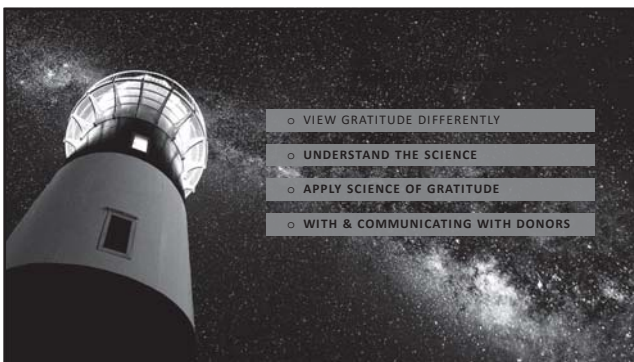
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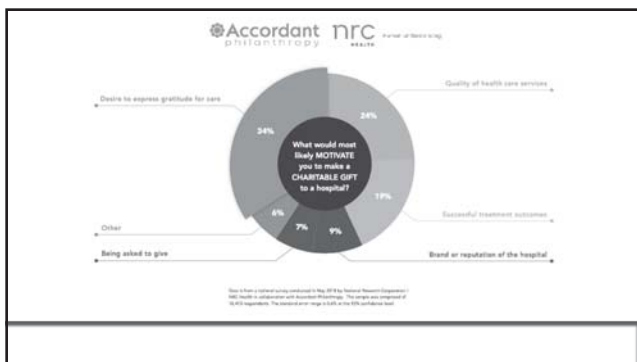
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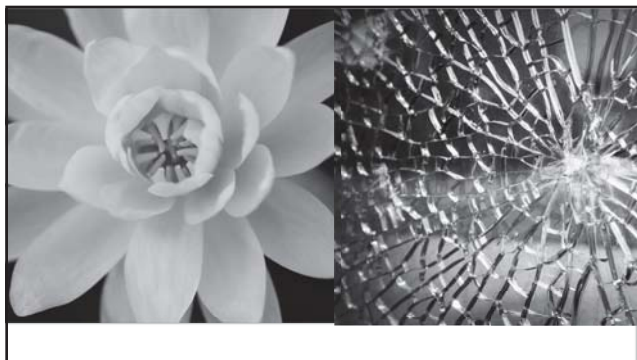
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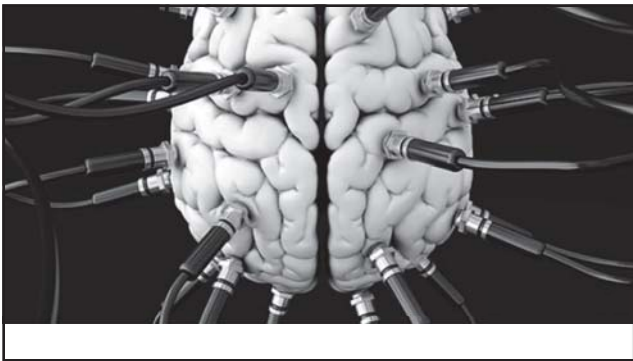
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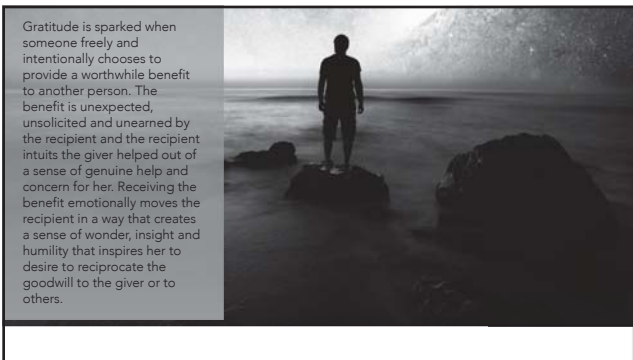
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Gratitude is sparked when someone freely and intentionally chooses to provide a worthwhile benefit to another person. The benefit is unexpected, unsolicited and unearned by the recipient and the recipient intuits the giver helped out of a sense of genuine help and concern for her. Receiving the benefit emotionally moves the recipient in a way that creates a sense of wonder, insight and humility that inspires her to desire to reciprocate the goodwill to the giver or to others.

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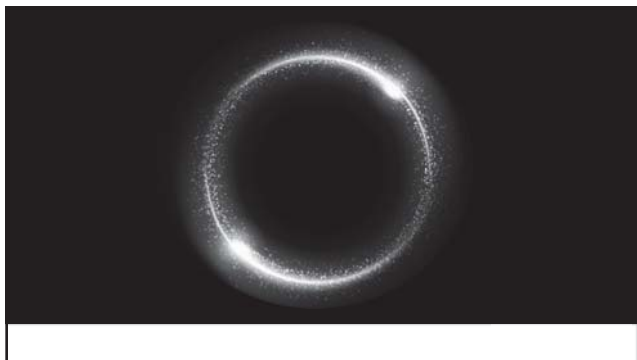
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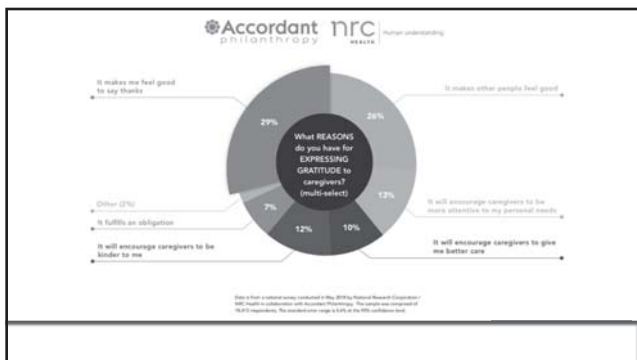
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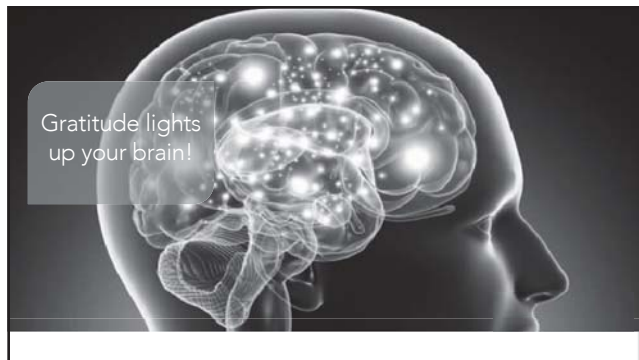
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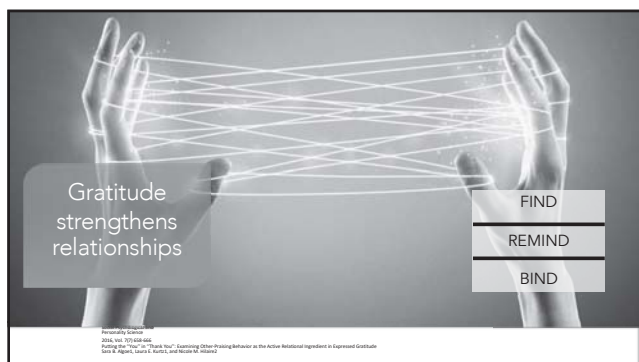
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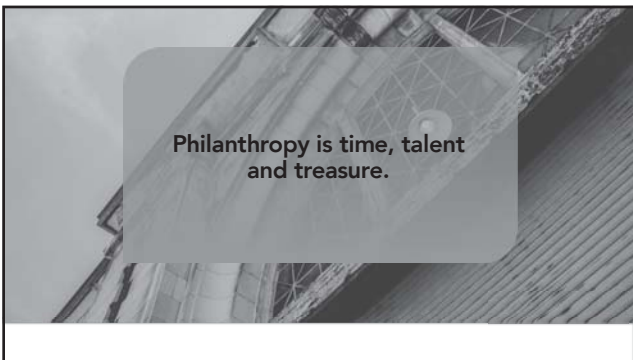
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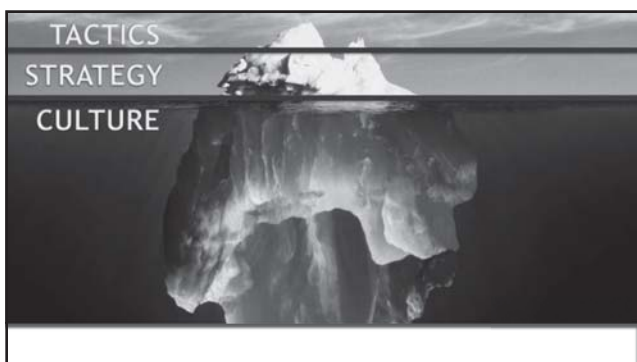
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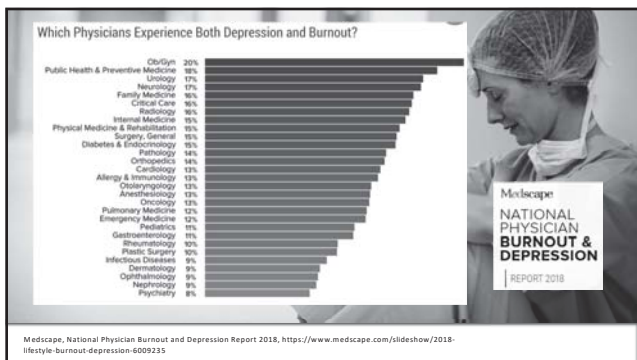
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