

# Give, if You Know What's Good for You

December 31, 2015

## *The New York Times:*

Vancouver, British Columbia — IN the classic children's story "How the Grinch Stole Christmas!," when the Grinch discovered the true spirit of the holiday, his "small heart grew three sizes that day." Dr. Seuss may have been on to something — because it now appears that acts of generosity may bestow physical benefits on the donor.

To be sure, there is plenty to hate about the holidays, when we endure the incessantly cheerful sounds of "Jingle Bells" spilling out of every shop and fight our way through overcrowded airports. But the holiday season can also inspire heartwarming generosity unmatched by other times of year. Charitable giving spikes between October and December, which has become known as the giving season in the nonprofit world.

Read the whole story: [The New York Times](#)

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