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thoughts &amp; insights from Ordinarily Amazing®

"Grant me this moment to breathe, expand and let go... "  
*Singer and songwriter Jennifer Nettles*

## Take a step back...Dare to Relax

It was just one of those stressful days where **everything was going wrong**. I was racing home and still had to stop by the grocery store. So there I was, **stressed and fumbling**, leaving the store with bags and kids in tow only to **crash into a complete stranger** --- groceries flying everywhere. I just wanted to cry.

But the stranger's reaction changed everything. He put his hand on my shoulder and said, "**Breathe.**" It startled me at first, but when I looked in his eyes there was nothing but **good intentions**. He was simply showing me a **touch of kindness**. He **changed my day** and **my kid's day**.

***The OA Twist:** Be the **Ordinarily Amazing stranger** in someone's life today. Give yourself a break and breathe. **I dare you.***

-Kristi Turner

[kturner@ordinarilyamazing.com](mailto:kturner@ordinarilyamazing.com)

Simply OA emails are sent to remind us to recognize the extraordinary in the ordinary. Honor the [Ordinarily Amazing](#) moments in your life. **Spread the word and forward this email to friends and family.**

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