18 inches

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Most doctors say there is about 18 inches between your heart and your head, which got me to thinking about life and the decisions we are faced with each and every day. Throughout my entire life I really never noticed or thought much about how I made my daily decisions. I just seemed to make the decision and move on. After hearing of the 18 inches between the heart and brain, I got to thinking about the process I went about when making decisions and was somewhat alarmed by my findings. Upon reflection, I immediately could think of many times when I made decisions out of anger, frustration or pure old simple haste.

This told me the majority of time I made my decisions from the head and not the heart. The more I thought about this the more I realized how many times I had made bad decisions when I used only my head.

The more I thought about my heart the more I realized that I would always make the right decision if I used my heart over my head, or at least a combination of the two.

For example, let's say you are a male awaiting a table in a busy restaurant waiting area. You are sitting with your family waiting for your name to be called so that you can be seated for dinner. All around the waiting room there are many men and women standing because all of the seats are taken. As a male you were taught that when a lady is standing you offer her your seat so that she doesn't have to stand. This is called being and gentleman and doing the right thing. One of two things will happen here. If you think with your head and not your heart you will let the lady stand and say to your self she can stand just like me, I was here first. If you are thinking with your heart over your head you will stand and offer the lady your seat. If she declines look around the room and see if there are any other ladies, senior citizens or those with disabilities and offer them your seat. If they all decline your offer then you are free to retain your seat.

The morale of this story is that if we think with our hearts instead of our heads we will do the right thing the majority of the time.

Sincerely,

Kenny Martin

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