



75 Beats to a Happy Heart

Jackie Madden Haugh

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As a little girl, Jackie Madden Haugh was taught by her parents that there were two types of heartbeats: one that served as the life force within the physical frame, sending blood and oxygen to all parts of the body, and another that resided in the spirit, a mystical pulse that nourished the soul. But, it wasn't until Jackie became a caregiver to both her parents in their declining years, and suffered through a divorce, that she discovered the true way to feed the soul was by living a life in constant gratitude. Being thankful for all the wonders in life is easy, that takes no effort. But, when we're appreciative for the challenges and heartbreaks thrown our way, for those are our lessons, we're lead down the winding road to our great becoming; who we were born to be. 75 Beats to a Happy Heart are universal inspirational, funny, and tender short stories from Jackie's column in the Los Altos Town Crier. By looking for joy in the minutia of her days; those special moments that make a heart pause and reflect, Jackie found the rhythmic, spiritual tapping, that beating pulse that nurtured and fed her soul.

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