

Gratitude and Honoring Martin Delahoussaye

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Our beloved friend, mentor, editor, Martin Delahoussaye, recently passed. We thank Martin for serving as an amazing editor as our first books, *Emotional Intelligence in Action*, *The Emotionally Intelligent Team* and the accompanying *TESI Short*, and *A Coach's Guide to Emotional Intelligence* came into being at Pfeiffer, a Division of Wiley and Sons. He paved the way for Lisa Shannon and Holly Allen and many others at Wiley to continue the wonderful editing and full support we receive from them. Martin was exacting in insisting on quality, for which we are forever grateful. He became a wonderful friend, and we delight in

taking some of the credit for his meeting our friend Diana Durek. They enjoyed a marriage reflecting so much love that they demonstrated what it means to live with emotional and spiritual intelligence. Martin left Wiley in 2007 and became Vice President of Publishing at HRDQ where we continued to work with him on the *TESI Short* and related materials. Martin's influence for the betterment of our world will continue for many many years through our books and the uncountable other works by so many other authors he worked with and then through the readers and those benefiting from what is learned from these works. Thank you, Martin, we miss you greatly. Dear Diane, you and Martin were most fortunate to have shared in each other's love, and it extended from you both to delight and inspire so many.

Gratitude is a calling of our time. How do we get through times that seem to emphasize what divides us or hurts us? It is by noticing what we are grateful for and saying so out loud. We are grateful to each and every one of you. Thank you. If there are times that gratitude seems difficult, remember It is in forgiveness that we find peace, joy and love. Let's exercise those muscles more!

Here's a simple and profound exercise to expand your gratitude and, therefore, your happiness and well-being:

Every evening near the end of your day, write down 5 things that happened that day for which you are grateful. Then spend a few minutes quietly absorbing your gratitude and feeling the peace, calm and positive energy that flows through you. Breathe. Do this for at least 21 days in a row. Some have found making this a lifelong practice serves them.

Another strategy our niece, Liz, practices is to exchange a gratitude message with a friend every day. That morning exchange of messages starts the day off with the right note.

Thank you, dear friends, colleagues and readers, for being a part of the Collaborative Growth family.