

The Art Of Being Kind

'Being Kind To Dogs' is a heart-warming and enlightening book promoting kindness to dogs in all aspects of life, especially when it comes to training and behaviour modification. In 'Being Kind To Dogs', the author tells 'tails' about her canine friends and how becoming a dog walker inspired her to learn about canine behaviour to help others understand that we do not have to use punishments or harsh methods in dog training. Kindness should always be paramount. Love and trust are built on kindness and once firm foundations are established, a beautiful relationship can flourish. Encouraging our dogs to listen to us begins with earning their trust to form a strong bond. Wonderful things can be achieved when we learn how to communicate with our dogs in a loving and humane way that they understand. By combining science, intuition and common sense, we can work with our dogs to resolve their behavioural issues and help them to understand how we would like them to behave in our human world. As an Animal Communicator, ICAN Certified Animal Behaviourist, Cat Behaviour Consultant and Reiki Master Teacher, the author has discovered that it is the animals who are the best teachers of all. They are honest, compassionate and have an amazing sense of humour! 'Being Kind To Dogs' provides insight into how using only kind, force-free methods in dog training and behaviour modification is the most beneficial way to achieve long-term success and a well-balanced, happy canine companion.

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A little book about kindness and friendship.

A New York Times Bestseller For Lady Gaga, kindness is the driving force behind everything she says and does. The quiet power of kindness can change the way we view one another, our communities, and even ourselves. She embodies this mission, and through her work, brings more kindness into our world every single day. Lady Gaga has always believed in the importance of being yourself, being kind to yourself, and being kind to others, no matter who they are or where they come from. With that sentiment in mind, she and her mother, Cynthia Germanotta, founded Born This Way Foundation, a nonprofit organization dedicated to making the world a kinder and braver place. Through the years, they've collected stories of kindness, bravery and resilience from young people all over the world, proving that kindness truly is the universal language. And now, we invite you to read these stories and follow along as each and every young author finds their voice just as Lady Gaga has found hers. Within these pages, you'll meet young changemakers who found their inner strength, who prevailed in the face of bullies, who started their own social movements, who decided to break through the mental health stigma and share how they felt, who created safe spaces for LGBTQ+ youth, and who have embraced kindness with every fiber of their being by helping others without the expectation of anything in return. In one story, you'll read about a young person with an autoimmune disease, who after being bullied at school, learned how to practice self-love and started an organization with the mission of

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educating others about the importance of self-love, too; and in another story, you'll meet a young person who decided to start a movement to help eliminate the stigma surrounding mental health and encouraged others to talk about their feelings openly and honestly, a reminder that kindness and mental wellness go hand in hand. Not only were we moved by these individual acts of kindness, but we were also touched by the many stories of organizations, neighborhoods, and entire communities that fully dedicated themselves to helping those in need and found new, innovative ways to make our world a kinder and braver place. Individually and collectively, these stories prove that kindness not only saves lives but builds community. Kindness is inclusion, it is pride, it is empathy, it is compassion, it is self-respect and it is the guiding light to love. Kindness is always transformational, and its never-ending ripples result in even more kind acts that can change our lives, our communities, and our world.

This book is for you, the one with sensitivity as a super-power, though you're still learning to offer it to yourself. You, the first to share a kind word with others even when you're not gently on yourself. You, known for your generosity but who forgets to give to yourself. This book is in your hands now because it's time to befriend yourself. Dr Rebecca Ray is a writer, speaker and clinical psychologist. She invites you into the practice of self-kindness as the bravest of human art forms. Cast aside the bullet-point lists or assembly instructions in favour of self-care that seeks flow over force and progress over prescription. Come on a journey back to yourself through the art of self-

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kindness. This is a specially formatted fixed-layout ebook that retains the look and feel of the print book.

Highly acclaimed in Sweden where it was first published in both hardcover and paperback editions, *A Concealed God* poses two intriguing questions: Does God truly exist? If so, is the concept of God logical and in agreement with the knowledge of the world that science has provided to date? The God presented by most religions doesn't make sense in today's world; we have little room for miracles. Furthermore, there are irreconcilable aspects in the world's religions. Must we abandon our faith or belief in God? Perhaps not, says popular Swedish thinker Stefan Einhorn. We can behave as scientists do when they run experiments only to obtain contradictory results. They ask themselves whether there might not be a logical conclusion that binds all the results together and leads to the most probable explanation. Einhorn hypothesizes that if God truly exists, then many different religions would have discovered this. He finds a common denominator in the concept of a hidden God in seven major religions: Judaism, Christianity, Islam, Hinduism, Buddhism, Taoism, and Confucianism. But even with this shared belief, can we know if God exists? Did humankind create the idea of God to answer the unexplainable? What about evil and suffering, the absence of meaning in life, loneliness and insecurity? And most importantly, how do we search for a concealed God? Most religions share common principles for the search for "that which is concealed," including meditation, contemplation, and prayer. Whatever route is

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chosen, the search for God may bring us some answers. Einhorn concludes that two themes are central to the search: one is that God is both concealed and simultaneously omnipresent; the other is that only with utter humility and an awareness of our inability to fully understand may we approach the divine. In the end, there are no definite answers. But the search sheds light on the many paths to enlightenment offered by the world's religions.

"I have some special things that belong just to me. I want to get along. What can I do?" So begins this charming book that guides young children to see that sharing is their choice, why they might choose to share, and how sharing can be good for everyone. A little girl thinks about the way her family, her friends, and other children share with her--and how happy she feels when this happens. "I might think, 'That's how I want to be!' I want to show that I care. So I may choose to say 'Yes!'" Colorful scenes in a variety of settings help little ones see that everyone has "plenty to share." Learning About Me & You Series Support toddlers and young preschoolers in developing self-awareness and social awareness with these charming board books focused on early social skills. With her straightforward and encouraging style, author Cheri J. Meiners guides little ones to understand how they fit into their world and how other people fit in, too. Children learn about belonging, feelings, playing, sharing, helping, and more. Perfect for group or home settings, each book includes tips and information for teachers, parents, and caregivers.

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An I Weigh Book Club Pick “I have been a fan of Henry’s work for a long time and I’m excited for more people to see it.” —Jameela Jamil From the creator of *Drawings of Dogs*, a warmly illustrated and thoughtful examination of empathy and the necessity of being kinder The kindness we owe one another goes far beyond the everyday gestures of feeding someone else's parking meter--although it's important not to downplay those small acts. Kindness can also mean much more. In this timely, insightful guide, Henry James Garrett lays out the case for developing a strong, courageous, moral kindness, one that will help you fight cruelty and make the world a more empathetic place. So, how could a book possibly make you kinder? It would need to answer two questions: • Why are you kind at all? and, • Why aren't you kinder? In these pages, building on his academic studies in metaethics and using his signature-sweet animal cartoons, Henry James Garrett sets out to do just that, exploring the sources and the limitations of human empathy and the many ways, big and small, that we can work toward being our best and kindest selves for the people around us and the society we need to build.

"Sometimes we are met with overwhelming challenges that knock us off our feet-but [Lizzie has] been able to embody the power of hope and compassion in everything [she does]." --Michelle Obama Born with a rare genetic condition, Lizzie Velasquez always knew she was different, but it wasn't until she was older that she understood what that meant to herself and others. In this daring, inspirational book, Lizzie reveals the hidden forces that give rise to self-doubt and empowers us to unlock empathy and kindness for

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ourselves and others. Through her own battles with anxiety and depression she demonstrates how we can overcome obstacles and move forward with greater positivity and hope. Dare to Be Kind offers the path to self-acceptance, love, and tolerance, and provides a framework for living with confidence and resilience, and ultimately, forging a radically compassionate world.

Produced in partnership with the nonprofit organization kindness.org, Be Kind emboldens you to try an act of kindness every week for a year, benefiting others and yourself while deepening connections in your community. Each of the 52 weeks of kindness includes a dose of inspiration (a story about when a small act of kindness, an authentic personal gratitude letter that had a big impact, a Q&A, or a quote from a notable thinker); a fascinating statistic or fact about kindness that has been researched by Kindlab, the research arm of kindness.org (e.g. Kindness improves the well-being of both the giver and the receiver.); and a suggestion for an act of kindness to do in one of the following areas: Kindness toward those around you (service workers, colleagues, neighbors) Kindness to self Kindness with kids Kindness as a group Kindness to the environment Cyber-kindness Fully illustrated, engaging, and inspiring, Be Kind will have you changing not only yourself and your communities, but also the world, one week at a time.

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Kristin Neff, Ph.D., says that it's time to “stop beating yourself up and leave insecurity behind.” *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

Soul Qualities: The Art of Becoming With Study Guide lists forty spiritual principles, tools to cultivate the fruits of the Spirit - wisdom, peace, courage, forgiveness, patience, love, kindness, humility, purpose, faith, gratitude, and mindfulness are the fruits of the Holy Spirit. *Soul Qualities* – the qualities of the Spirit, are cultivated in the mind and heart through practice by walking in the Spirit. *Soul Qualities* is a life journey toolbox that includes the book *Soul Qualities: The Art of Becoming With Study Guide*, Adinkra Note Cards, Scriptural Gems, and Adinkra Jewelry by Focused Art. *Soul Qualities* adjoins the meaning of Adinkra symbols with spiritual principles and practice. *Soul Qualities* fuses the antiquity of Akan traditions and wisdom to present-day culture. The meaning of

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Adinkra symbols are powerful and apropos to becoming who we are created to be. Peace and Blessings

Most books that want to change us seek to make us richer or thinner. This book wants to help us to be nicer: that is, less irritable, more patient, readier to listen, warmer, less prickly... Niceness may not have the immediate allure of money or fame, but it is a hugely important quality nevertheless and one that we neglect at our peril. This is a guidebook to the uncharted landscape of niceness, gently leading us around the key themes of this forgotten quality. We learn how to be charitable, how to forgive, how to be natural and how to reassure. We learn that niceness is compatible with strength and is no indicator of naivety. Niceness deserves to be rediscovered as one of the highest of all human achievements. "Being kind is up to you! When you believe in yourself, there is so much you can do!" "You Can Be Kind" is designed to inspire children ages 3-7 to be kind! The rhyming text and colorful illustrations help guide children to recognize how they already demonstrate kindness in their daily lives and will encourage further development. Follow along with a little girl as she shows all the ways she can be kind throughout her day! This is a perfect book to teach preschool and kindergarten aged children what it means to be kind and to inspire them to show kindness to those around them! There are conversation starters at the end of the

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book for the reader to discuss with the child in order to expand on their understanding of kindness. Additionally, there is a letter to the reader that shares practical ideas for to do with your child to spread kindness to those around you! It all started with a smile. A trip to the local farmers market created an opportunity for the author of *Smiling at Strangers* to offer a simple kindness to a stressed young mother shopping with four small children. She made eye contact and smiled, and the mother responded with a soft "Thank you." This single act is one of the greatest gifts we can give one another. The message it sends is, I see you and acknowledge our kinship as members of the human species doing the best we can. I wish you well. Everyone deserves to be seen and acknowledged. In a world that many experience as cold and lonely, receiving a simple smile can bring the warmth of connection, however brief. *Smiling at Strangers: How One Introvert Discovered the Power of Being Kind*, written by a shy and introverted author, is a handbook for building a community of kindred souls who share her mission to create a kinder world one smile at a time. Although it has much to offer to anyone wanting to share kindness with others, its target audience is kind-hearted socially shy introverts who tend to restrict interactions with strangers in public places. It will empower even the most introverted among us to interact in the world in a different way through actions as simple as a smile of

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acknowledgment.

Stories to Encourage Positive Behavior in Small Children The preschool and kindergarten years are some of the most important formative years of a person's life. Habits and attitudes developed during these crucial years affect a child for the rest of his or her life. These years are also a challenging time for parents as their children test boundaries (and patience). How parents and children respond makes all the difference in the world. The Growing God's Kids series is designed to help young children understand their feelings, develop godly ways to deal with temptations, and form positive attitudes and behaviors that will serve them well in the future. In Being Nice to Others, parents and children identify rude behaviors and learn how to treat others the way they would like to be treated.

Through -70- efficient and inspiring affirmations that promote kindness and some simple tips on using them, your journey towards inner peace and happiness will begin. This quick read book is here to help you get started on that path. It is a beginner's guide to the effect of kindness and affirmations. It's a more in-depth discussion of the topics mentioned here, followed by the 70 affirmations. These affirmations make up most of this book and are divided into five affirmations per day for 14 days. Discover the power of kindness and see the transformation of the way the world responds to you and what you attract. The Power of Kindness

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Kindness and happiness are directly related, both kindness to yourself and kindness to others. Acts of kindness are influential and cause the release of various neurotransmitters in your brain that promote feelings of satisfaction, well-being, stimulate healing and reduce pain. Compassion also stimulates the release of a hormone called Oxytocin. Kindness works both ways. The golden rule is to treat others as you would like to be treated. Similarly, don't say something to yourself that you wouldn't say to a friend. "Research has shown that a simple act of kindness directed toward another improves the functioning of the immune system and stimulates the production of serotonin in both the recipient of the kindness and the person extending the kindness. Kindness extended, received or observed beneficially impacts the physical health and feelings of everyone involved." - Wayne Dyer *The Power of Positive Affirmations*

Affirmations are one of the most efficient self-healing tools available. The Law of Attraction is a belief system that we attract what we are--like attracts like. The key is the ability of affirmations to intercept negative and faulty thought patterns.

Backed by scientific findings called neuroplasticity, it is possible to rewire it for a more positive experience of yourself and your life. When you change, the world changes for you. By being disciplined in your daily exercises, you can significantly impact how you feel and what you attract in your life. Kindness will

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help you to: Be a better person and invite more positive experiences and networks into your life Improve your mood and state of being Improve your overall health and ability to heal Become a magnet for generosity and love Develop your mindfulness through being aware of your thoughts and ability to reconstruct them Strengthen your relationships, as all relationships improve with self-loving kindness Experience more kindness Begin reading now and start your journey to a happier, healthier you.

We live in an increasingly "virtual" world in which it can be tempting to skip making that true, human connection with someone in pain. Even though our thoughts might be with them, we lack the confidence to reach out, worrying that we will say or do the "wrong" thing. In this practical, step-by-step guide to what she calls "the art of comforting," Val Walker draws on numerous interviews with "Master Comforters" to guide readers in gently and gracefully breaking through the walls that those who are suffering often erect around themselves. Interviewees include inspiring individuals such as Alicia Rasin, who, as a victim's advocate for the city of Richmond, Virginia, has devoted her life to comforting grieving families devastated by homicide, gang violence, and other traumatic experiences; or Patricia Ellen, who, as a grief counselor and outreach director at the Center for Grieving Children in Portland, Maine, appears on site to support and comfort children, staff, and parents when a school is facing a death, violence, or other crises. All of us will, at one time or the other, be called upon to offer warmth and support to another human being who is suffering-this book will show you how to answer the call with an open heart.

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A thoughtful picture book illustrating the power of small acts of kindness, from the award-winning author of Sophie's Squash.

At a time of unprecedented interest in improvisation across the arts, *The Art of Becoming* boldly asserts that everyone can and should improvise. Drawing on emerging psychological literature as well as their own research with musicians, authors Raymond MacDonald and Graeme Wilson - both music psychologists and renowned performers in their own right - propose new ideas on what defines improvisation in music. MacDonald and Wilson explore the cognitive processes involved, the role of specialist skills or knowledge in improvised interaction, and the nature of understanding between improvisers. Their investigation lays out how we develop as improvisers, alongside health benefits derived from music participation. *The Art of Becoming* is a vital resource for courses on improvisation in contemporary practice, and for those applying musical improvisation in community and therapeutic contexts, setting out a framework based on psychological findings for understanding improvisation as a universal capability and an essentially social behavior. With suggestions for approaching this practice in new ways at any level, it demonstrates how improvisation transcends musical genres and facilitates collaboration between practitioners from disciplines across the artistic spectrum. Putting forward important implications for contemporary artistic practices, pedagogy, music therapy and the psychology of social behavior, *The Art of Becoming* provides fresh and provocative insights for anyone interested in playing, studying, teaching, or listening to improvised music.

Imagine a world where everyone is kind-how can we make that come true? With gorgeous pictures by a host of top illustrators, *Kind* is a timely, inspiring picture book about the many

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ways children can be kind, from sharing their toys and games to helping those from other countries feel welcome.

Are you looking to be in tune with yourself and understand why you are the way you are and respond the way that you do? Are you looking to release thoughts and patterns which don't serve you anymore? We are all a combination of divine and human qualities. We all struggle with our flaws and triggers. Becoming conscious of them allows us to reclaim our power and rewrite a new path forward for ourselves. This is the first step to Becoming Whole. Written in a simple yet profound manner, each chapter in this book focuses on one aspect of your inner being that needs to be brought into wholeness. As you read this book, you will: * Respond to your triggers with a lot more self-awareness and begin to ask yourself, "What is this situation asking me to change about myself?" * Release your disappointments and victim stories, bringing much-needed growth and peace in your life. * Develop a strong sense of self-worth, by letting go of the need to seek validation from others. Are you ready to become whole?

ABOUT THE AUTHOR : Pooja Khanna is a Wellness Entrepreneur, Public Speaker, Author and a Spiritual Wellness & Life Coach. She founded a platform connecting people to hundreds of holistic wellness practitioners and healers in New York. Formerly a Corporate Executive with an illustrious career spanning 13 years in top Fortune 100 companies, Pooja is an avid believer in bringing change in your life through deep inner work. She is a lover of meditation, nature walks, art therapy and travel.

The concept of kindness is sometimes linked to qualities such as stupidity, gullibility and timidity, but in **THE ART OF BEING KIND** the word is given a new slant. Stefan Einhorn passionately believes that kindness is one of the finest things we can devote ourselves to, and is the single

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most important factor for success in our lives. If we strive to be kind to others, we simply cannot avoid doing ourselves good. In THE ART OF BEING KIND Einhorn describes what being kind involves, what can prevent us from being generous to others, examples of scientific research proving the benefits of benevolent behaviour, and sound and practical advice on how we can become kinder, and therefore more successful, in our everyday lives.

This interactive A5 workbook features over 140 pages of creative activities for practicing self love & compassion. With space for you to draw, write, reflect and play, the book is hand written and drawn with love by Elizabeth McCarthy. It features poetry from Eleanor Coffey, and chapter title illustrations by Jen Watkins.

Help children learn the power of kindness in everyday life with this fun lift-the-flap book. Find Out About: Kindness helps busy preschoolers learn about their interactions with others as they start to experience nursery, school and the wider world. Featuring friendly child characters and familiar situations with siblings, friends and family, they will learn to empathise and socialise others. With fun flaps to lift, this is an excellent book for children and parents to share together. Also available: Find Out About: Animals, Find Out About: Saving Our Planet, Find Out About: Feelings

Diane Albano has spent her life being nice, and experiencing the consequences. Now she shares how she learned to speak up for herself while still being kind to others. In this book, you will learn how to:

- Identify with heartfelt stories from Diane's life experiences as well as those of other women and men who have sometimes compromised their truth to be nice.
- Use evocative questions to gain insight with personal experiences for you to identify where in your life these experiences may have impacted you.
- Take action and apply

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coaching strategies for yourself to notice and maximize the power of owning your voice for greater fulfillment. This book is written for women and men who can identify with life patterns of compromising their truth, their God-given talent and abilities, and minimizing the power of owning their voices for greater freedom and fulfillment.

Offers advice for living in the present and bringing meaning into one's life with tips and suggestions to practice.

An inspiring story about how good deeds bring joy and make us happy. Max does not understand why you need to help others if you can just pass by. But the inspiring example of the father changes the boy's idea of kindness. Max decided to be kind and he likes it. I Like To Be Kind - this is a fun and cheerful story that inspires children to do good deeds. After reading this charming story, the child will learn what kindness is and how any kind act, big or small, can make us happier. Book Details: A board book about kindness for children 3-6 years old Cute illustrations with nice rhyming story Not too long, grabs kid's attention Print version includes COLORING PAGES Perfect for preschool, pre-k, and kindergarten This colorful book helps children become happier by showing them the amazing benefits of choosing kindness. So if you are looking for a funny and funny story about a boy who likes to be kind, then this book is for you! Scroll up, Click on "Buy Now with 1-Click" and Get Your Copy Now!

Now in paperback! A girl in a red hat finds the courage to be kind to the new student in class. Her kindness spreads, kind act by kind act, until her whole community experiences the magical shift that happens when everyone understands—and acts on—what it means to be kind. The fifth book in Rana DiOrio's award-winning What Does It Mean To Be ...?® series, What Does It Mean To Be Kind? was named a 2015 Moonbeam Gold Medalist and won a Mom's Choice

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Gold Award.

Excavator and the other trucks are back with some important lessons in kindness and manners. From the illustrator of *I Dig Bathtime* comes a fun reminder of ways we can be kind to each other. Kids (and trucks) will dig it!

When We Are Kind celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. Celebrated author Monique Gray Smith has written many books on the topics of resilience and reconciliation and communicates an important message through carefully chosen words for readers of all ages. Beautifully illustrated by artist Nicole Neidhardt, this book encourages children to be kind to others and to themselves.

In a world where people spend more time engaging through screens than in real-life interaction, showing basic human kindness can feel like a lost art. *Be Kind* offers children aged 5 and up simple, actionable things they can do in their daily lives that help them cultivate kindness toward others and grow into people with the capacity to make the world a kinder place. In *Be Kind*, kids learn that kindness is a quality that can be expressed in ways other than merely being “nice,” including standing up for someone or something, engaging in a community, showing compassion toward other beings, and expressing gratitude. With joyful illustrations and kid-friendly writing, this idea book serves as a delightful, easy-to-read collection of 125 concrete activities kids and their families can pick and choose from and act out in their daily lives, whether it’s being the first person to say good morning, offering compliments, shoveling an elderly neighbor’s driveway, learning to say hello in different languages, or sending a card to someone — no special occasion required. On every page, *Be*

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Kind empowers kids to make the world a better, kinder place, one action at a time.

The Friend I Need is a gentle reminder to children that they can be kind, encouraging, and supportive to themselves!

You only have to change one life in order to change the world. The question is: Are you ready? *Go Be Kind* isn't just a journal or another how-to guide to creating the life you want. It's a series of daily adventures that will help you rediscover the greatest human gift—kindness, which inspires interpersonal connection and is the most rewarding way to lead a more magnificent life. Created by Leon Logothetis, host of *The Kindness Diaries* on Netflix, this life-changing book is filled with highly classified missions, treasure hunts, dream dates, awkward moments, and daily adventures that are guaranteed to change your life. You will step outside of your comfort zone. You will become best friends with total strangers. Some of the adventures can be done while you're falling asleep at night. Some of them will open your eyes to things you've never seen before. And all of them are really easy. It might take 28 ½ days. It might take 11. Or you can take all the time you need (the adventure is up to you). This adventure is about to change your life. And someone else's, too . . . Because once we start being kind, we realize that there is no faster way to happiness. It will change how you see the world, how you connect with other people, and how you connect with yourself. And it starts

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with you. Let's do it. #gobekind

In a book that offers both immediate and long-term solutions, as well as guidance to help navigate difficult situations, the author reveals five life-altering tools people can use to help them focus on integrating kindness into their everyday lives, a practice that can lead to happiness, wealth, success, and fulfillment. Original.

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Linda Kaplan Thaler and Robin Koval have moved to the top of the advertising industry by following a simple but powerful philosophy: it pays to be nice. Where so many companies encourage a dog eat dog mentality, the Kaplan Thaler Group has succeeded through chocolate and flowers. In **THE POWER OF NICE**, through their own experiences and the stories of other people and businesses, they demonstrate why, contrary to conventional wisdom, nice people finish first. Turning the well-known adage of “Nice Guys Finish Last” on its ear, **THE POWER OF NICE** shows that “nice” companies have lower employee turnover, lower recruitment costs, and higher productivity. Nice people live longer, are healthier, and make more money. In today’s interconnected world, companies and people with a reputation for cooperation and fair play forge the kind of relationships that lead to bigger and better opportunities, both in business and in

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life. But being nice doesn't mean acting wimpy. In fact, nice may be the toughest four-letter word you'll ever encounter. Kaplan Thaler and Koval illustrate the surprising power of nice with an array of real-life examples from the business arena as well as from their personal lives. Most important, they present a plan of action covering everything from creating a positive impression to sweetening the pot to turning enemies into allies. Filled with inspiration and suggestions on how to supercharge your career and expand your reach in the workplace, **THE POWER OF NICE** will transform how you live and work.

2019 IPPY Gold Medal Winner in Self Help Kirkus Reviews Best Books of 2018 Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world. In *A Year of Living Kindly*—using stories, observation, humor, and summaries of expert research—Donna Cameron shares her experience committing to 365 days of practicing kindness. She presents compelling research into the myriad benefits of kindness, including health, wealth, longevity, improved relationships, and

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personal and business success. She explores what a kind life entails, and what gets in the way of it. And she provides practical and experiential suggestions for how each of us can strengthen our kindness muscle so choosing a life of kindness becomes ever easier and more natural. An inspiring, practical guide that can help any reader make a commitment to kindness, *A Year of Living Kindly* shines a light on how we can create a better, safer, and more just world—and how you can be part of that transformation.

Beloved and New York Times bestselling author Todd Parr uses his signature blend of playfulness and sensitivity to explore the value and joy in being kind to others. With his trademark bright colors and bold lines, Todd Parr takes on a topic more important than ever: being kind to each other. This idea is both a perfect fit for Todd's cheerful, child-friendly positivity and incredibly close to Todd's own heart. No matter what other people choose to do, you can always choose to be kind -- and what a wonderful thing to be! Today's parents and teachers are looking for ways to instill empathy and kindness in children at a young age -- this book is the perfect introduction to a timely and timeless topic. All too often, the complex society in which we live forces us to take sides--between political parties, religious denominations, sports teams, and more. But how can we be sure we've chosen the right side? And is there a way to

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overcome the divisiveness and hostility that often accompanies choosing one side over another? This book offers a unique look at choosing the side that really matters: the side of kindness. In a series of sometimes humorous, always thought-provoking reflections, author Sandra Makowski reminds us that we can always choose the side of kindness, even in the smallest decisions of daily life. Our conversation, tone of voice, and even the way we dress can be shaped by kindness. And together, those many small decisions can make a great difference in our broken and fragile world.

Imagine if one simple question could change your life...and your world.

Awakening the reader like caffeine for the heart, *am I being kind* revives the spirit and blazes a direct path to a more peaceful and kindhearted world. In this captivating guide to personal transformation, author and inspirational speaker Michael J. Chase reveals how one simple question has the power to change your life and the lives of those around you. As you ask, "am I being kind" in seven vital areas of your life, you discover the secret to creating unlimited joy, inner peace, and the life you've always dreamed of. Having experienced the "art of unkindness" throughout much of his life, Michael shares his own journey of self-discovery and the lessons learned from unlikely spiritual teachers along the way. Through riveting true stories and a unique step-by-step program, *am I being kind*

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shows you how the astonishing power of kindness can change your heart, your life, and ultimately, your world.

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