

## The Hidden Power Of Kindness A Practical Handbook For Souls Who Dare To Transform World One Deed At Time Lawrence G Lovasik

Math Monday is Frankie's least favorite day. But this Monday will be different for Frankie and for Ruby, the new girl at Thanks-Welcome school. Math makes Ruby feel fluffy but meansters make her feel flat like a pancake. Brave, big-hearted Frankie helps Ruby find the courage to share her math magic and chase away their math Monday blues.

The Hidden Power of Kindness A Practical Handbook for Souls, Who Dare to Transform the World, One Deed at a Time Sophia Inst Press

Even if you call it by a different name, you need no introduction to your inner critic. Our inner critic seems to know exactly what to say and when to say it for maximum effect. It's a master of the psychological KO, leaving us feeling like the smallest, most flawed, most disempowered version of ourselves. You've tried everything to tame your inner critic: ignoring it, calling names and telling it to shut up. But none of those approaches have worked. Now, it's time to stop fighting yourself. In *The Power of Self-Kindness: How to Transform Your Relationship With Your Inner Critic*, you'll discover a radical approach to healing your relationship with your inner critic and yourself, one based on understanding, self-acceptance and self-compassion. Using a combination of theory, insight and reflective practices, you'll learn where your critic comes from and how to look beyond its destructive words to uncover the real message underneath. You'll develop techniques that will help you question your critic's stories and become more mindful of how these stories impact your life. You'll also learn how to turn up the volume on the inner critic's positive counterpart - the inner mentor - a wise inner guiding light invested in your growth and wellbeing. Whether you've been struggling with your inner critic for a long time or are at the beginning of your self-kindness journey, this book offers a range of approaches and suggestions you can use to mend the most important relationship in your life: the one with yourself. As a veteran emergency room physician, Dr. Brian Goldman has a successful career setting broken bones, curing pneumonia, and otherwise pulling people back from the brink of medical emergency. He always believed that caring came naturally to physicians. But time, stress, errors, and heavy expectations left him wondering if he might not be the same caring doctor he thought he was at the beginning of his career. He wondered what kindness truly looks like—in himself and in others. In *The Power of Kindness*, Goldman leaves the comfortable, familiar surroundings of the hospital in search of his own lost compassion. A top neuroscientist performs an MRI scan of his brain to see if he is hard-wired for empathy. A researcher at Western University in Ontario tests his personality and makes a startling discovery. Goldman then circles the planet in search of the most empathic people alive, to hear their stories and learn their secrets. He visits a boulevard in São Paulo, Brazil, where he meets a woman who calls a homeless poet her soulmate and reunited him with his family; a research lab in Kyoto, Japan, where he meets a lifelike, empathetic android; and a nursing home in rural Pennsylvania, where he meets a therapist at a nursing home who has an uncanny knack of knowing what's inside the hearts and minds of people with dementia, as well as her protege, a woman who talked a gun-wielding robber into walking away from his crime. Powerful and engaging, *The Power of Kindness* takes us far from the theatre of medicine and into the world at large, and investigates why kindness is so vital to our existence.

Most of us focus on thinking positively to create what we really want in life. But science shows it's actually our feelings that matter most. In her relatable and engaging way, psychologist and researcher, Melanie Dean, Ph.D., explains not just what to do to shift your emotions and focus your energy to attract the people, things, and opportunities you want most in life, but how and why it works. Once you understand that your feelings and emotions are real energy waves that go out into the world and connect with (or repel) others, you can start to notice and shift your emotions—and intentionally direct your energy—so you are sending out the waves that will connect with what you really want. By reading *The Hidden Power of Emotions*, you will discover:

- There is a whole world of energy at work in, around, and through you.
- Your emotions, which are more powerful than your thoughts, create energy waves that leave your body, connecting with similar energy.
- Your emotions are the way in which you receive communication back from the shared energy field.
- How to purposefully direct your emotions to connect you with what you want to receive.

Throughout the book, Dean highlights the science behind your power as well as specific tips and strategies to help you apply it in your everyday life, including a Power Zapper section of common struggles that weaken your power, and a Power Booster section of recommendations for increasing your personal power.

“A thoughtful and fresh perspective on life's compassionate journey to success. Irrational Kindness is powerful, provocative, and palatable.” —Linda Cash, former Vice President, Quality and New Model Launch Program at Ford Motor Company This work from a fast food entrepreneur and rare triple-franchisee Kevin Williams was written as part-employee handbook, part-operating manual for life. *Irrational Kindness* flips traditional wisdom on its head and gives a different lens through which to look at life. Often the idea of being irrational is smeared with negative connotations. It can sound illogical, senseless, unjustifiable, or groundless. It may even represent ludicrous and mad behavior! But Kevin Williams argues that being irrational can be just the opposite. And it is the most positive, inspiring, and empowering way to be. Being irrational has to do with thinking outside the box—way outside. It has to do with viewing life as a journey and still being willing to reverse the route, shake things up, or flip the map upside down. Why? Not just to be different, but to make a difference. *Irrational Kindness* can serve as a harmonious reminder that one's hopes and dreams do not have to be derailed—not by their fears, their pasts, or by people who make them feel like they have to know everything to be successful, or even just to get started. Throughout its pages, Kevin provides the inspiration everyone needs to favor understanding over being understood and prioritize kindness—toward themselves as well as others—over everything. “This book is a needed and timely reminder to pause and give Kindness a platform to change the world around you.” —Princess Moon, Podcast Artist & Encourager of People

Young readers can count down from 10 while discovering the many ways to make the world a kinder place. Thoughtful illustrations of children showing kindness and generosity will help kids learn the important concepts of empathy and compassion while counting down the many ways to be kind. Whether it be delivering cookies to a new neighbor, sharing toys, or saying "I love you" to Grandma and Grandpa, here is the perfect book to read aloud at home or in the classroom to spark conversations about simple acts of kindness. With durable cardstock pages and approachable language, this book will encourage children to be their best selves wherever they go.

The Little Book of Kindness will teach you how to be kind to yourself, to strangers, to those you love, to the world - every day, at every opportunity. Prompted by the seeming hopelessness of

the world around her, Bernadette Russell undertook a pledge to be kind to a stranger every day for a year. The experience left her wanting to inspire others. The Little Book of Kindness is packed with fun ideas, practical tips and interactive exercises that encourage you to 'be kind' in every area of life - online, to strangers, to the environment, in your community, to yourself - and change the world, one act of kindness at a time.

Distill the great spiritual teachings from around the world down to their most basic principles, and one thread emerges to unite them all: kindness. In *The Force of Kindness*, Sharon Salzberg, one of the nation's most respected Buddhist authors and meditation teachers, offers practical instruction on how we can cultivate this essential trait within ourselves. Through her stories, teachings, and guided meditations, Sharon Salzberg takes readers on an exploration of what kindness truly means and the simple steps to realize its effects immediately. She reveals that kindness is not the sweet, naive sentiment that many of us assume it is, but rather an immensely powerful force that can transform individual lives and ripple out, changing and improving relationships, the environment, our communities, and ultimately the world. Readers will learn specific techniques for cultivating forgiveness; turning compassion into action; practicing speech that is truthful, helpful, and loving; and much more. When we fan even the smallest ember of kindness, according to Sharon Salzberg, we begin to overcome our own fears, doubts, and personal attachments - and tap an endless source of gentle strength that is always available to us. With her graceful writing and six guided meditations on CD, this beloved meditation master empowers readers to enhance *The Force of Kindness* in their own spiritual practice.

Help your kids develop maturity, spiritual Awareness, and even nobility Here is a book for every young person who seeks true success and lasting happiness. In it, Fr. Edward Garesch explains how to find the success that transcends money, fame, and pleasure. He shows how believers can accept criticism gracefully and use it prudently, how to discipline the imagination, the critical difference between pleasure and happiness, and more.

*A Heart of Kindness* is the courageous and insightful story of one woman's quest to heal her broken heart. Wendy Comeau suffered the biggest tragedy a mother can face when she lost her son Christopher to a rare disease when he was only twenty-five. When her brothers and parents all died within a few years as well, she was faced with a decision—allow herself to spiral into depression and anger or find the hidden lessons and gifts, open her heart and spread hope and kindness. This book explores how Wendy was able to transform her unbearable heartache and learn to live again with the help of her family and loved ones. Her powerful story will encourage people to do the inner work they need to do to restore their faith, embrace love and show compassion to others after tragedy has struck. Full of wise teachings on grief, self-reflection, acceptance and forgiveness, *A Heart of Kindness* is a triumphant testament to the resilience of the human spirit even in the face of unimaginable loss.

The extraordinary #1 New York Times bestseller about the ability of books to feed the soul even in the darkest of times. Nominated as one of America's best-loved novels by PBS's *The Great American Read*. When Death has a story to tell, you listen. It is 1939. Nazi Germany. The country is holding its breath. Death has never been busier, and will become busier still. Liesel Meminger is a foster girl living outside of Munich, who scratches out a meager existence for herself by stealing when she encounters something she can't resist—books. With the help of her accordion-playing foster father, she learns to read and shares her stolen books with her neighbors during bombing raids as well as with the Jewish man hidden in her basement. In superbly crafted writing that burns with intensity, award-winning author Markus Zusak, author of *I Am the Messenger*, has given us one of the most enduring stories of our time. "The kind of book that can be life-changing." —*The New York Times* "Deserves a place on the same shelf with *The Diary of a Young Girl* by Anne Frank." —*USA Today* **DON'T MISS BRIDGE OF CLAY, MARKUS ZUSAK'S FIRST NOVEL SINCE THE BOOK THIEF.**

If you have trouble acting with the consistent kindness our Lord expects, your relationships with God and those you love may be suffering. That's why this book is such a godsend. Fr. Lawrence Lovasik brings you simple directions for how to overcome unkind habits that can creep -- undetected -- into your behavior. If you want to make progress in the spiritual life, don't miss these insights: they'll give you years of solid help to grow in charity and truly transform your corner of the world!

These pages show you how to infuse integrity into your business and why it is so essential to success. You will learn not only the responsibilities you have to your employees, to your customers, and to society in general, but also why you must fulfill these responsibilities to remain competitive. In short, you'll learn how to do the right thing in business, and how to do it the right way. From *Force for Good* you'll learn: The one principal concern of business (Hint: it's not profit) The particular virtues you must have to run a good business What natural law is and how it applies to business The 3 elements of business integrity The 4 core principles of Catholic social doctrine that render even very competitive businesses humane The 6 things you must consider when making ethical decisions The 10 steps you must take now to develop integrity in your business These helpful pages include, as well: Scriptural support for Catholic Social Doctrines related to business Dozens of quotes from papal encyclicals about business Many real-life examples from real businesses, successful and not Plus, much more to make you a better person and your business a better business!

In *The Power of Kindness* by Mac Anderson, you will find 23 inspirational stories about random acts of kindness that ultimately resulted in making a profound difference in the lives touched. Each short story speaks to the Golden Rule of life and is guaranteed to touch your heart.

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its effects immediately. She reveals that kindness is not the sweet, naive sentiment that many of us assume it is, but rather an immensely powerful force that can transform individual lives and ripple out, changing and improving relationships, the environment, our communities, and ultimately the world. Readers will learn specific techniques for cultivating forgiveness; turning compassion into action; practicing speech that is truthful, helpful, and loving; and much more. When we fan even the smallest ember of kindness, according to Sharon Salzberg, we begin to overcome our own fears, doubts, and personal attachments—and tap an endless source of gentle strength that is always available to us. With her graceful writing and six guided meditations on CD, this beloved meditation master empowers readers to enhance The Force of Kindness in their own spiritual practice.

'A random act of kindness needn't always be a material offering. Even a word of encouragement, a compliment, a helping hand can be equally, if not more, profound. Make such acts a habit and Nature will reciprocate in kind.' In his latest book, bestselling author Om Swami suggests a definitive means to achieving true happiness: through kindness. In his signature candid style, he clarifies that the only way one can be successful in the quest to achieve happiness for oneself is to first spread happiness and show kindness to others. With real, inspiring, life-changing anecdotes, Om Swami goes on to illustrate how compassion and gentleness are intrinsically connected with humanity. The Book of Kindness will help you understand, practise and master kindness, the key to inner bliss and fulfilment, and the only means to attain the happiness that you seek.

Kindness Boomerang contains 365 daily acts, one for each day of the year, accompanied by inspirational quotes, personal stories on the power of paying it forward, and tangible steps to change your outlook on life. This book empowers you to bring positivity into your everyday life and the lives of those around you. Wahba invites you to practice kindness in relationships, kindness with yourself, kindness with nature and kindness in many more forms. This book is a call to action for anyone who wants to live a more connected and fulfilling life.

#### FERRUCCI/POWER OF KINDNESS

When St. Jane Francis de Chantal encouraged St. Francis de Sales to be a bit angrier over the opposition they were facing in starting their religious order, he replied, "Would you have me lose in a quarter hour what has taken me twenty years' hard work to acquire? St. Francis de Sales had quite a temper when he was young. But over time he learned to convert his angry feelings into virtuous action. He knew that anger never leads to happiness. Worse, it causes tremendous harm to our relationship with God. In these pages, the wise Fr. Morrow shows you how to pull the rug out from beneath your anger and reclaim a life of peace and grace. You'll come to understand the root causes of angry behavior, ways to heal painful memories, and how to deal well with your hurts and humiliations. You're not likely to overcome blowups and anxiety through willpower alone. You need tools that help you cultivate the habits that lead to virtuous action. You'll discover here simple ways to influence your behavior, control your impulses, and rebuild tattered relationships. When you follow the simple advice offered in these pages, you'll be surprised at how quickly you're giving up all desire for revenge, forgiving those who hurt you, and finding peace in your life. You'll also learn: The difference between righteous and sinful anger. Why saying "Well, that's just the way I am" could cost you your soul. The three root causes of every angry outburst. The five stages of healing hurtful memories. How to discipline an angry child. The three actions every Christian MUST take to overcome sinful anger. "Father Morrow presents a practical solution to a common problem. This book can make the world a much better place." Mike Aquilina

"From the creator of @Drawings of Dogs comes this illustrated examination of empathy and the necessity of being kinder. Building on his academic studies in metaethics and using his signature animal cartoons, the author explores the sources and the limitations of human empathy and the many ways that we can work toward being our best selves for the people around us and the society we need to build"--

"Standing on the shoulders of C.S. Lewis", Kreeft provides a look at the nature of heaven. A refreshingly clear, theologically sound glimpse of the "undiscovered country". Kreeft speaks to the heart and the mind for an unexcelled look at one of the most popular, yet least understood, subjects in religion.

In a global climate of increasing complexity and uncertainty, there have been calls for a more responsible form of leadership in business and society. The relationship between kindness and leadership is therefore a topic of fundamental importance for our well-being as individuals, for the success of our organisations, and for the future of our global community. Kindness in Leadership is one of the first books to explore both the concept and practice of kindness in leadership and consider them in different societal and organisational settings. Its uniqueness lies in combining an innovative mix of personal views from leaders with explorations of organisational philosophies and practices. It opens with a definition of kindness and its contours and underpinnings. It then explores the importance of kindness within different organisations, parts of the world, economic strata, age groups and genders, drawing on research on organisational compassion and neuroscience. In order to support learning, each chapter is supported by a series of questions for consideration and discussion. This will be a stimulating and thought-provoking read for a wide audience of practicing managers and leaders in organisations of all shapes and sizes, for academics involved in educating for leadership, and for students aspiring to develop their own kind and compassionate leadership style.

Kindness isn't merely about getting along with people and being nice. It's a game changer in business, the door opener to fulfillment, and the key to authenticity and confidence. It's also a superpower that can be honed through developing a daily practice of kindness as a lifestyle and is especially important in these divisive times. Whether it's the current political climate, family matters, or workplace dynamics, everything in our world appears to be more intense lately. Social media is a forum for debates and name-calling. Many feel frustrated and powerless. The person next to you might be on the verge of quitting or cracking under pressure. Is something as simple as kindness really the answer?

Through years of talking to friends and colleagues about her kindness practices, Good Morning America correspondent and anchor Adrienne Bankert has heard story after story confirming the unlimited power of kindness. Adjusting our perspective from being closed off and self-centered to a mindset of kindness ripples into a staggering amount of personal fulfillment and development. Kindness is universally understood in every culture. No matter our age or ethnicity, where we come from, or how much money we make, any one of us can be kind. Any one of us can be the difference maker. As a bonus, we achieve our unique destiny day by day by being kind. Your Hidden Superpower will help you See the many layers of benefits that simple acts of kindness can bring to people who commit to practicing it in their lives Learn how to make kindness a habit in your own life and feel the joy, fulfillment, and inspiration that comes from helping others Make kindness one of your differentiators at work and experience the remarkable opportunities and direction that this brings Feel the power of kindness as a force to reconnect you to your authentic self, replenish your passion and creativity, and find your voice

It's time for a kindness revolution. In *The Kindness Cure*, psychologist Tara Cousineau draws on cutting-edge research in psychology and neuroscience to show how simple practices of kindness—for ourselves, for others, and for our world—can dissolve our feelings of fear and indifference, and open us up to a life of profound happiness. Compassion for ourselves and others is our birthright as humans—hardwired into our DNA and essential to our happiness. But in our fast-paced, technical savvy and hyper competitive world, it may come as no surprise that rates of narcissism have risen, while empathy levels have declined. We now find ourselves in a “cool to be cruel” culture where it's easy to feel disillusioned and dejected in our hearts, homes, and communities. So, how can we reverse this malady of meanness and make kindness and compassion an imperative? *The Kindness Cure* draws on the latest social and scientific research to reveal how the seemingly “soft skills” of kindness, cooperation, and generosity are fundamental to our survival as a species. In fact, it's our prosocial abilities that put us at the head of the line. Blended with moving case studies and clinical anecdotes, Cousineau offers practical ways to rekindle kindness from the inside out. We are wired to care. The very existence of our human species evolved because of an intricate physiology built for empathy, compassion, and cooperation. Yet we have an epidemic of loneliness, indifference, and cruelty, and we see these destructive trends on a daily basis in our families, schools, neighborhoods, and workplaces. This important book teaches effective skills in compassion, mindfulness, and social and emotional learning, and reveals successful social policy initiatives in empathy taking place that inform everything from family life to education to the workplace. Kindness has the exponential power to renew relationships and transform how we think, feel, and behave in the world. Will you be a part of the revolution?

One girl's simple act of kindness causes ripples in her community in this witty, heartwarming story about paying it forward The day after a mighty storm, a little girl finds a sea star that has washed up on shore, and she returns it to the ocean. Seeing her small act of kindness, an old man heads to an animal shelter with his grandson to pick a dog in need of a home. His grandson feels inspired to help an elderly woman clean up her yard, which inspires a teenager to pack an extra lunch for someone in need, and on and on until each small gesture builds toward a magnificent conclusion. Full of humor, heart, and proof of the generosity that we all have inside of us, Christian Trimmer and Kaylani Juanita's story is a welcome reminder: It's the little things that make a big difference.

Deepak Chopra, Debbie Ford, and Marianne —New York Times bestselling authors and internationally acclaimed teachers—have joined together to share their knowledge on one of the most crucial obstacles to happiness we face—the shadow. These three luminaries, each with a signature approach, bring to light the parts of ourselves we deny but that still direct our life. For it is only when we embrace our shadow that we discover the gifts of our authentic nature. The shadow exists within all of us. It is a part of us and yet we spend most of our life running from it. But far from being scary, our dark side holds the promise of a better, more fulfilling life. Our shadow makes itself known every day. It is the reason we get furious over a friend showing up ten minutes late, yell at our parents or kids when they have done nothing wrong, and sabotage our own success at the worst possible time. Until we are able to embrace our dualistic nature, we will continue to hurt ourselves and those closest to us and fall short of our potential. Combining the wisdom of three experts, *The Shadow Effect* is a practical and profound guide to discovering the gifts of our shadow. These three authors powerfully pierce the veil of our unclaimed self, releasing us from the past and propelling us on a journey to wholeness. No longer living a half life, we are capable of achieving our dreams and reclaiming the happiness that is our birthright.

An inspiring account of America at its worst-and Americans at their best-woven from the stories of Depression-era families who were helped by gifts from the author's generous and secretive grandfather. Shortly before Christmas 1933 in Depression-scarred Canton, Ohio, a small newspaper ad offered \$10, no strings attached, to 75 families in distress. Interested readers were asked to submit letters describing their hardships to a benefactor calling himself Mr. B. Virdot. The author's grandfather Sam Stone was inspired to place this ad and assist his fellow Cantonians as they prepared for the cruelest Christmas most of them would ever witness. Moved by the tales of suffering and expressions of hope contained in the letters, which he discovered in a suitcase 75 years later, Ted Gup initially set out to unveil the lives behind them, searching for records and relatives all over the country who could help him flesh out the family sagas hinted at in those letters. From these sources, Gup has re-created the impact that Mr B. Virdot's gift had on each family. Many people yearned for bread, coal, or other necessities, but many others received money from B. Virdot for more fanciful items—a toy horse, say, or a set of encyclopedias. As Gup's investigations revealed, all these things had the power to turn people's lives around- even to save them. But as he uncovered the suffering and triumphs of dozens of strangers, Gup also learned that Sam Stone was far more complex than the lovable- retiree persona he'd always shown his grandson. Gup unearths deeply buried details about Sam's life—from his impoverished, abusive upbringing to felonious efforts to hide his immigrant origins from U.S. officials—that help explain why he felt such a strong affinity to strangers in need. Drawing on his unique find and his award-winning reportorial gifts, Ted Gup solves a singular family mystery even while he pulls away the veil of eight decades that separate us from the hardships that united America during the Depression. In *A Secret Gift*, he weaves these revelations seamlessly into a tapestry of Depression-era America, which will fascinate and inspire in equal measure. Watch a Video

“Edward Sri is a gifted teacher and an equally talented writer. This book shows why. He breaks open Karol Wojtyla's great text, *Love and Responsibility*, in a way that's clear, engaging and very practical for the challenges of daily life.” – Charles J. Chaput, O.F.M., Archbishop of Philadelphia. This updated and expanded edition of Edward Sri's classic meditation on Pope John Paul II's *Love and Responsibility* includes a new introduction, new chapters for single people and engaged couples, and the stories of people whose lives have been transformed by Pope John Paul II's foundational teaching on relationships. Fr. Karol Wojtyla (Pope John Paul II) published *Love and Responsibility* in 1960, revealing a fully formed philosophy of marriage—in which full union can only be achieved when each partner prioritizes the well-being and self-realization of the other. His analysis of the true meaning of human love is life changing and practical, shedding light on real issues between men and women. In *Men, Women and the Mystery of Love*, Edward Sri unpacks the contents of this great work, making it accessible to every reader. He emphasizes the down-to-earth nature of *Love and Responsibility*, giving readers actionable advice on issues such as: • How to determine if a relationship is one of authentic love or is doomed to failure • The problem of pornography • The meaning of friendship • How to achieve greater intimacy in marriage Study questions with each chapter make this a valuable resource not only for individual personal reading, but also for small group study.

Whether you've just begun to pray or have been faithfully praying for years, the wisdom in this book will help you pray better. Fr. Lawrence Lovasik here shows you innumerable ways you can avoid common obstacles and deepen your prayer life, no matter how much or how little you may have prayed before.

Kindness...for some, it comes so easy, but for others, it can be a struggle. The answer often lies in a person's story. This book, along with each of you, will change our world as we know it. It only takes One Drop of Kindness to fill a heart with love.

Beene tells the story of the intertwined lives of George Washington Carver, Vice President Henry Agard Wallace, and Nobel Laureate Norman E. Borlaug, illuminating how their kindness and passion to feed the world was passed on and enhanced across generations.

“Deep Kindness reminds us that when we show up in our lives with empathy, compassion, and love, our world changes for the better.” —Leon Logothetis, bestselling author of *The Kindness Diaries* Spread meaningful kindness in your everyday life with this essential guidebook to making the world a kinder, more accepting place. Practicing kindness is an essential step in helping to repair a world that has grown to be more divisive, lonely, and anxious than ever. But with quotes like, “Just be kind” or, “Throw kindness around like confetti,” we’ve oversimplified what it takes to actually demonstrate kindness in a world crying out for it. Deep Kindness pairs anecdotes with actions that can make real change in our own lives, the lives of others, and throughout the world. Diving into the types of kindness the world needs most today, this book takes an honest look at the gap between our belief in kindness and our ability to practice it well—and shows us how to put intention into action. Exploring everything from the empathy gap to the skill of emotional regulation, Deep Kindness is perfect for anyone who believes in a kinder world and recognizes that there is a lot of work to do before we achieve it.

NATIONAL BESTSELLER A smart, research-driven case for why optimism, kindness, and strong social networks will help us live to 100. From the day her daughter was born, science journalist Marta Zaraska fretted about what she and her family were eating. She fasted, considered adopting the keto diet, and ran a half-marathon. She bought goji berries and chia seeds and ate organic food. But then her research brought her to read countless scientific papers and to interview dozens of experts in various fields of study, including molecular biochemistry, epidemiology and neuroscience. What Marta discovered shattered her long-held beliefs about aging and longevity. A strong support network of family and friends, she learned, lowers mortality risk by about 45 percent, while exercise only lowers it by about 23 percent. Volunteering your free time lowers it by 22 percent or so, while certain health fads like turmeric haven't been shown to help at all. These revelations led Marta Zaraska to a simple conclusion: In addition to healthy nutrition and physical activity, deepening friendships, practicing empathy and contemplating your purpose in life can improve your lifespan. Through eleven chapters that take her around the world, from catching wild mice in the woods of central England to flower arranging with octogenarians in Japan, from laboratories to "hugging centres," Marta embarks on an absorbing, entertaining and insightful journey to determine the habits that will have the greatest impact on our longevity. Deeply researched and expertly reported, *Growing Young* will dramatically change the way you seek a longer, happier life.

A little book about kindness and friendship.

This groundbreaking and life-changing work based on the latest research effectively demonstrates “the profound impact that love, connection, and kindness have on our health” (Mark Williamson, PhD, director of Action for Happiness). When Columbia University doctor Kelli Harding began her clinical practice, she never intended to explore the invisible factors behind our health. But then there were the rabbits. In 1978, a seemingly straightforward experiment designed to establish the relationship between high blood cholesterol and heart health in rabbits discovered that kindness—in the form of a particularly nurturing post-doc who pet and spoke to the lab rabbits as she fed them—made the difference between a heart attack and a healthy heart. As Dr. Kelli Harding reveals in this eye-opening book, the rabbits were just the beginning of a much larger story. Groundbreaking new research shows that love, friendship, community, and our environment can have a greater impact on our health than anything that happens in the doctor’s office. For instance, chronic loneliness can be as unhealthy as smoking a pack of cigarettes a day; napping regularly can decrease one’s risk of heart disease; and people with purpose are less likely to get sick. At once paradigm-shifting and empowering, *The Rabbit Effect* illuminates vital public health research showing kindness in our day-to-day lives can make the “world a healthier, happier place. I recommend this book highly for anyone who wants to live more healthfully” (Christy Turlington Burns, and CEO of Every Mother Counts).

Nook is small and shy, and she likes to sit in the cozy, comfy space of a hollow tree watching others play. When someone comes along to take Nook's space, she feels lost and afraid, until she discovers she has friends looking out for her in ways she never imagined! This gentle story explores shyness and sensory needs, and inspires kindness, inclusion, and friendship.

Amoral, cunning, ruthless, and instructive, this multi-million-copy New York Times bestseller is the definitive manual for anyone interested in gaining, observing, or defending against ultimate control – from the author of *The Laws of Human Nature*. In the book that *People* magazine proclaimed “beguiling” and “fascinating,” Robert Greene and Joost Elffers have distilled three thousand years of the history of power into 48 essential laws by drawing from the philosophies of Machiavelli, Sun Tzu, and Carl Von Clausewitz and also from the lives of figures ranging from Henry Kissinger to P.T. Barnum. Some laws teach the need for prudence (“Law 1: Never Outshine the Master”), others teach the value of confidence (“Law 28: Enter Action with Boldness”), and many recommend absolute self-preservation (“Law 15: Crush Your Enemy Totally”). Every law, though, has one thing in common: an interest in total domination. In a bold and arresting two-color package, *The 48 Laws of Power* is ideal whether your aim is conquest, self-defense, or simply to understand the rules of the game.

In a future where the Population Police enforce the law limiting a family to only two children, Luke, an illegal third child, has lived all his twelve years in isolation and fear on his family's farm in this start to the *Shadow Children* series from Margaret Peterson Haddix. Luke has never been to school. He's never had a birthday party, or gone to a friend's house for an overnight. In fact, Luke has never had a friend. Luke is one of the shadow children, a third child forbidden by the Population Police. He's lived his entire life in hiding, and now, with a new housing development replacing the woods next to his family's farm, he is no longer even allowed to go outside. Then, one day Luke sees a girl's face in the window of a house where he knows two other children already live. Finally, he's met a shadow child like himself. Jen is willing to risk everything to come out of the shadows—does Luke dare to become involved in her dangerous plan? Can he afford not to?

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