

The Power Of Kindness By Piero Ferrucci

WINNER OF A CORETTA SCOTT KING HONOR AND THE JANE ADDAMS PEACE AWARD! Each kindness makes the world a little better. This unforgettable book is written and illustrated by the award-winning team that created *The Other Side* and the Caldecott Honor winner *Coming On Home Soon*. With its powerful anti-bullying message and striking art, it will resonate with readers long after they've put it down. Chloe and her friends won't play with the new girl, Maya. Every time Maya tries to join Chloe and her friends, they reject her. Eventually Maya stops coming to school. When Chloe's teacher gives a lesson about how even small acts of kindness can change the world, Chloe is stung by the lost opportunity for friendship, and thinks about how much better it could have been if she'd shown a little kindness toward Maya. Kindness is not what we have been taught it is. It isn't a soft virtue, expressed only by sweet grandmothers or nice Boy Scouts. Kindness is neither timid nor frail. Instead, it is brave and daring, willing to be vulnerable with those with whom we disagree. It is the revolutionary way that Jesus himself called us to live. The way of selfless risks. The way of staggering hope. The way of authenticity. Dr. Barry Corey, president of Biola University, believes we tend to devalue the importance of kindness, opting instead for caustic expressions of certainty that push people away. We forget that the essence of what God requires of us is to "love kindness." In this book, filled with stories from his travels around the globe, Barry shows us the forgotten way of kindness. It is a life that calls us to put ourselves at risk. A life that calls us to hope. A life of a firm center and soft edges. It is the life Christ invites us to follow, no matter what the cost. This new paperback edition has an added chapter and a foreword from Steven Curtis Chapman.

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 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.

Using the tree of kindness - roots, branches and fruits - to enhance and enrich our lives.

#1 INTERNATIONAL BESTSELLER • A moving, lyrical, beautifully-written portrait of a nurse and the lives she has touched. Christie Watson spent twenty years as a nurse, and in this intimate, poignant, and remarkably powerful book, she opens the doors of the hospital and shares its secrets. She takes us by her side down hospital corridors to visit the wards and meet her unforgettable patients. In the neonatal unit, premature babies fight for their lives, hovering at the very edge of survival, like tiny Emmanuel, wrapped up in a sandwich bag. On the cancer wards, the nurses administer chemotherapy and, long after the medicine stops working, something more important--which Watson learns to recognize when her own father is dying of cancer. In the pediatric intensive care unit, the nurses wash the hair of a little girl to remove the smell of smoke from the house fire. The emergency room is overcrowded as ever, with waves of alcohol and drug addicted patients as well as patients like Betty, a widow suffering chest pain, frail and alone. And the stories of the geriatric ward--Gladys and older patients like her--show the plight of the most vulnerable members of our society. Through the smallest of actions, nurses provide vital care and kindness. All of us will experience illness in our lifetime, and we will all depend on the support and dignity that nurses offer us; yet the women and men who form the vanguard of our health care remain unsung. In this age of fear, hate, and division, Christie Watson has written a book that reminds us of all that we share, and of the urgency of compassion.

The beloved creator of *Blues Clues* and *Daniel Tiger's Neighborhood* and protégé of Fred Rogers explores the importance of kindness and how it can change your life in this essential guide and tie-in to the PBS special, "The Power of Radical Kindness." Angela C. Santomero, the creator, executive producer, and head writer of many of today's most popular educational children's shows believes in the radical power of kindness, on her shows, and in her life. Inspired by her mentor Fred Rogers, beloved host of the classic, award-winning PBS show *Mister Rogers' Neighborhood*, Angela has dedicated her life to teaching others that when you treat yourself and others with warmth, empathy, and respect, life changing benefits follows. From the true meaning of self-care and the gift of vulnerability, to the importance of active listening or the magic of asking for help, *Radical Kindness* goes beyond The Golden Rule and entreaties to "be nice," contending that kindness is the key to recognizing others, and ourselves, as worthy of love and understanding. Much like gratitude, Angela contends we need a kindness practice. A practice in which we learn to see with our hearts and act from a place of compassion. As the Dalai Lama says, "Be kind whenever possible. It is always possible." Through practicing radical kindness—toward ourselves, with loved ones, and to the world at large—we can transform ourselves, our neighborhood, and our world for the better.

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. A little book about kindness and friendship.

Kindness matters. When times are hard, we pull together. Despite the difficulties of life during the coronavirus pandemic, love and kindness prevail. Dive into this heart-warming book and discover the many uplifting and inspiring acts of kindness that have come from the crisis. Read about the postman who donned fancy dress while doing his rounds to bring a smile to his community, the mum who set up a virtual story time for young children, or the schools that worked together to manufacture face masks for local care homes and hospitals. The coronavirus crisis may be a challenging time for the world, but the amazing stories in this book show that nobody is too small to make a difference - and that, no matter what, we can always find light in the darkness.

Bobby Herrera has a simple leadership philosophy: -We all struggle. -Inside every struggle is a gift. -Leaders share their gifts with others. In *The Gift of Struggle*, Bobby Herrera, cofounder and CEO of Populus Group, lives that philosophy by telling the stories of his struggles, identifying the gifts he found, and sharing those gifts with you.

Toss Out Those Tired Old Excuses...Once and for All! Within the pages of this transformational book, Dr. Wayne W. Dyer reveals how to change the self-defeating thinking patterns that have prevented you from living at the highest levels of success, happiness, and health. Even though you may know what to think, actually changing those thinking habits that have been with you since childhood might be somewhat challenging. If I changed, it would create family dramas ... I'm too old or too young ... I'm far too busy and tired ... I can't afford the things I truly want ... It would be very difficult for me to do anything differently ... and I've always been this way ... may all seem to be true, but they're in fact just excuses. So the business of modifying habituated thinking patterns really comes down to tossing out the same tired old excuses and

examining your beliefs in a new and truthful light. In this groundbreaking work, Wayne presents a compendium of conscious and subconscious crutches employed by virtually everyone, along with ways to cast them aside once and for all. You'll learn to apply specific questions to any excuse, and then proceed through the steps of a new paradigm. The old, habituated ways of thinking will melt away as you experience the absurdity of hanging on to them. You'll ultimately realize that there are no excuses worth defending, ever, even if they've always been part of your life-and the joy of releasing them will resonate throughout your very being. When you eliminate the need to explain your shortcomings or failures, you'll awaken to the life of your dreams. Excuses ... Begone!

Superman, Batman, Wonder Woman, Green Lantern and more of DC's beloved super heroes illustrate the importance of kindness. Batman shares his cool tools with Robin. Wonder Woman teaches Wonder Girl how to use a magic lasso. Aquaman cares for the creatures in the sea. Green Lantern will rush off to help any member of the Corps who is in trouble. All of the super heroes look out for people who aren't as strong as they are! In doing so, they show that greatness comes from giving to others.

As Charlotte watches her home and town being destroyed in a flood she sadly laments her loss, but in the midst of her anguish she soon discovers the power of healing through kindness.

Children often struggle with big feelings and emotions. It takes practice to have them regularly look outside of their own experience to see how their friends and peers are feeling. The Power of Kindness Through the Eyes of Children shows the rippling effect of how being empathic and kind can generate kindness to others. It demonstrates how each of us can help impact the world around us with simple acts every day. This book helps children understand they have the power to shape their daily interactions with others, as well as, recognize when someone needs their support, generosity, and kindness. The Power of Kindness helps children to understand that a kind word or act can change someone's day when delivered at the right moment. In The Power of Kindness, Orbit and the children learn... "that no matter how big or small my action is, I can make a difference in the world." Christopher age 8 "What a great idea to recycle items to those in need." Jaxon age 6 "No act of kindness is wasted; just look at the little boy saving a worm." Brandon age 6 Grab your copy of The Power of Kindness Through the Eyes of Children and get access to the Kindness Matters song and other goodies from the Author's site.

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.

FERRUCCI/POWER OF KINDNESS

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.

Meditations on community from the publisher who turned simple kindness into a modern-day movement.

Scientific evidence has proven that kindness changes the brain, impacts the heart and immune system, is an antidote to depression, improves relationships and even slows the ageing process. Yet, more than this, kindness can power real and lasting change in the world. This little guide shows how the practice of kindness can increase our happiness, improve our health, help us to forge stronger connections with others and positively affect the world we live in. In The Little Book of Kindness, kindness expert Dr David R Hamilton reveals the science of kindness and teaches us how, by using easy-to-follow tools, strategies and exercises, we can harness its power to improve all aspects of our lives and the lives of the people around us.

"When one child reaches out in friendship to a classmate who seems lonely, she begins a chain reaction of kindness that ripples throughout her school and her community"--

Teach your children the power of Kindness, one of the most important skills a child can learn. Are you one of 90 percent of parents, saying that their top priorities for their kids is to be caring? This makes sense: Kindness and concern for others are held as moral virtues in nearly every society and every major religion. The best social-emotional learning (SEL) book for raising kind children. This charming story with peaceful rhymes and colorful illustrations will explain to your child that it is okay to make a mistake and say I'm sorry. Lucas will teach your child good manners and positive behaviour at home, at school, in the store, and on the playground. Kids learn best by example. With the perfect examples, this book offers, your child will have more understanding for others, accept diversity, thrive in a multicultural and inclusive environment, and show more empathy.

Throughout the story, little superhero Lucas will learn what kindness means and understand what it is like to be kind, sensitive, caring, and generous. Awards & Recognition #1 Amazon Bestseller in Children's Books on Manners (UK) #1 Amazon Bestseller in Children's Books on Tolerance (UK) Updated on September 2020 Practice Random Acts of Kindness. Also included are Acts of

Kindness Cards to promote empathy and kindness. --- Kindness is something you can quickly learn: when you give and ask for nothing in return. Helping others is the least you can do. If you are kind, kindness will come back to you. --- "Kindness is my Superpower" is the first book from My Superpower Series - the growth mindset books for kids, suitable for all ages. We warmly recommend it to parents, teachers, and anyone who works with children.

One small act of kindness can change the world. From esteemed bullying expert and author of *The Invisible Boy*, Trudy Ludwig and Little Elliot illustrator Mike Curato comes a tale as simple--and simply inspiring--as the golden rule. When one child reaches out in friendship to a classmate who seems lonely, she begins a chain reaction of kindness that ripples throughout her school and her community. One kind act begets another, small good deeds make way for bigger ones, and eventually the whole neighborhood comes together to build something much greater than the sum of its parts. From acclaimed bullying expert Trudy Ludwig, *The Power of One* not only conveys a message of kindness, it offers concrete steps that kids can take to make a difference in their own communities. As Trudy says in the final line of the book: "Acts and words of kindness DO count, and it all starts with ONE."

"A book after my own heart!"—His Holiness The Dalai Lama *The Power of Kindness* is a stirring examination of a simple but profound concept. Piero Ferrucci, one of the world's most respected transpersonal psychologists, explores the many surprising facets of kindness and argues that it is this trait that will not only lead to our own individual happiness and the happiness of those around us, but will guide us in a world that has become cold, anxious, difficult, and frightening. Piero Ferrucci warns against the dangers of "global cooling." As the pace of living grows faster and the impact of new technologies more insistent, communications become hurried and impersonal. The drive for profit overrides the heart. Warmth and genuine presence fade. In eighteen interlocking chapters, Dr. Ferrucci reveals that the kindest people are the most likely to thrive, to enable others to thrive, and to slowly but steadily turn our world away from violence, self-centeredness, and narcissism- and toward love. Writing with a rare combination of sensitivity and intellectual depth, Dr. Ferrucci shows that, ultimately, kindness is not a luxury in our world but rather a necessity for us all.

The author of the international bestseller *Happiness* makes a passionate case for altruism -- and why we need it now more than ever. In *Happiness*, Matthieu Ricard demonstrated that true happiness is not tied to fleeting moments or sensations, but is an enduring state of soul rooted in mindfulness and compassion for others. Now he turns his lens from the personal to the global, with a rousing argument that altruism -- genuine concern for the well-being of others -- could be the saving grace of the 21st century. It is, he believes, the vital thread that can answer the main challenges of our time: the economy in the short term, life satisfaction in the mid-term, and environment in the long term. Ricard's message has been taken up by major economists and thinkers, including Dennis Snower, Amartya Sen, Joseph Stiglitz, and George Soros. Matthieu Ricard makes a robust and passionate case for cultivating altruistic love and compassion as the best means for simultaneously benefitting ourselves and our society. It's a fresh outlook on an ardent struggle -- and one that just might make the world a better place.

Random or otherwise, acts of kindness and generosity are essential to making our world a better place. A celebration of humanity at its best, author and motivational speaker Rhonda Sciortino inspires and delivers in *Acts of Kindness*, a powerful little book, rich with love. Through the simplest act of kindness, all of our lives are improved. Genuine human sentiment is best expressed through helping others, in ways big and small. It enables us to rely on one another for strength and happiness. But in the confusion and chaos of the modern world, even small acts of kindness are often overlooked and ignored. *Acts of Kindness* shines a spotlight on the best that humanity has to offer, one good deed at a time.

Harness the power of kindness to change your world. KQ, or kindness quotient, is a measure of how much each of us embodies the virtues of kindness, caring and generosity. A high KQ means taking advantage of all opportunities to be kind and finding personal success by bringing kindness into the world. Now there's a way to boost your KQ and maximize your kindness potential. *The Kindness Quotient* helps you understand exactly how kindness affects, and is affected by, everything you do. In doing so, we learn to better appreciate the importance of kindness in our personal and professional lives and learn new ways to share and experience the best that the world has to offer. With *The Kindness Quotient*, you will: - Develop the proactive habits of successful kind people - Learn how kindness shown to others can boost your happiness - Experience how tapping into the power of kindness can create success at work, at home and in the world - Pinpoint new opportunities for kindness in your daily life - Learn to embody the nine principles of kindness Each of us has the potential to improve the world around us and increase our level of peace and happiness through kindness. So, what's your KQ?

Have we ever needed kindness more? Learn which ways of acting, speaking, and thinking will improve your relationships and make the greatest difference for your life. "This book has the potential to change the emotional climate of our culture."—Gary Chapman, New York Times bestselling author of *The Five Love Languages* Think of your toughest relationship. Think of a relationship that is good but could be great. Think of a group of people that drives you nuts. You want to show more kindness and generosity, but sometimes you're just tired, stretched, and frustrated. Besides, would small actions make that big a difference? Yes! After years of extensive research, Shaunti Feldhahn has concluded that kindness is a superpower. It can change any relationship, make your life easier and better, and transform our culture. But how does it work? And how can you show kindness when you don't feel like it? In *The Kindness Challenge*, Shaunti explores . . . • Three simple acts that make all the difference in any relationship (with a spouse, child, co-worker, brother-in-law . . .) • Whether kindness is ever the wrong approach • The seven ways you may be unkind and never realize it • Eight types of kindness—and which might be the best fit for you • Ten sneaky obstacles that get in the way of giving praise • Practical ways to persevere when kindness is tough • How kindness in marriage leads to benefits in the bedroom (yes, really!) • Why your acts of kindness today can help transform the world With self-assessments, day-to-day tips, a 30-day challenge, and specific kindness ideas, *The Kindness Challenge* can make your toughest relationships better and your good relationships great—starting today.

Cultivate an open heart and deepen your kindness and compassion response with this accessible, 28-day program of meditation and mindfulness exercises for a new generation of meditators. You've heard about all the ways meditation can help improve your overall health and wellbeing. You've probably even tried it once or twice and are thinking, "Now what?" Maintaining a meditation practice can seem like a daunting task, but *Kindness Now* will introduce you to the basics of mindfulness meditation and guide you into a deeper practice intended to promote personal growth and connection to your authentic self. Meditation teacher Amanda Gilbert introduces the traditional Buddhist heart practices known as the brahma-viharas-- Loving-Kindness, Compassion, Appreciative Joy, and Equanimity--as the foundation for a successful meditation practice. Gilbert will instruct you on how to bring these heart practices into your life through her 28-day guided meditation program aimed at helping you become a kinder, more compassionate, and radically loving person. With each daily practice, you

will learn how to be more resilient in the face of common stressors, including anxiety, feelings of depression, "imposter" syndrome, and social media comparison effects, and ultimately make meditation an essential part of your life and self-care practice.

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.

The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life Penguin

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.

"The key to a happier and more successful world is the growth of compassion." --His Holiness the Dalai Lama Giving and receiving affection is the key to happiness, and compassion is the key that opens our hearts to affection. Illuminating themes touched upon in *The Good Heart* and *The Art of Happiness*, this generous and gentle book contains some of the most beloved teachings on compassion that the Dalai Lama has ever offered. Touching and transformative, *The Compassionate Life* is a personal invitation from one of the world's most gifted teachers to live a life of happiness, joy, and true prosperity. Collected here for the first time are four of the Dalai Lama's most accessible and inspiring teachings on compassion. The purpose of life is to be happy, His Holiness reminds us. To be happy, we should devote ourselves to developing our own peace of mind; the more we care for the happiness of others, the greater our own peace of mind. Therefore, we must develop compassion for others in order to be truly happy. In these four teachings--imbued with the gentle humor and extraordinary kindness of this incomparable teacher--His Holiness explores altruism and the need for compassion on an individual as well as a global scale. He offers specific practices for developing loving-kindness and compassion in even the most difficult situations.

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!

The Kindness Code is a book for professionals who want more kindness at work. No matter where you are on the career ladder, you will find science-based information, insights and practical tips to instantly ignite kindness within your organisation.

Kindness comes in many forms. From larger, purposeful acts such as volunteering to smaller acts such as striking up a conversation with neighbors new to the block. Kindness can be more than a warm feeling—it can be a meaningful lifestyle that can have a transformative impact on all areas of our lives. This special edition from the editors of *TIME* delves into the concept and practice of kindness. Kindness is teachable and attainable, but why are we kind? Why are some people kinder than others? And why does kindness matter. Highlights include: How kindness can lead to a more successful life, teaching your kids to be kind, the art of being kind to yourself, the science of kindness and much more.

A little kindness goes a long way—and in this latest installment of stories, written by teens for teens, the power of kindness to encourage even the most lonely and dejected is proved again and again. Writing from their hearts and from their own real-life experiences, these teens not only reveal the joy of serving others with kindness but also celebrate the kindness of true friends, the unexpected blessings of random acts of kindness, and the incredible things that an attitude of kindness can accomplish in the most difficult situations. First published in either *Guideposts for Teens* or in *Guideposts* magazine, these stories will inspire you to live your own life in the amazing power of kindness. Book jacket.

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 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.

"The noted psychotherapist and philosopher uses concise, topical chapters to provide concrete steps to developing internal willpower during periods of deep stress, drawing upon insights from classical mythology and wisdom teachings, psychological traditions, patient case studies, and human potential exercises"--

When you think of kindness, its power is probably not the first thing that comes to mind. But the truth is, powerful things begin to happen when you choose to embrace a lifestyle of kindness. That's what you'll see in the stories in this book. One story began more than 60 years ago. Others are more recent. But the effects on the lives of the people involved are still being felt today. As you read these stories, you will: - Learn how kind words can shape a person's destiny. - See how kind acts can transform an enemy. - Realize that showing kindness can have a positive impact on you. - Discover that there is one thing considered the greatest kindness of all. Kindness is a life-changing force in the world. It can be offered in the most humble way, yet its value never diminishes, and its effect never ends. As you open the pages of this book, may you open your heart to the endless possibilities that are only available to you through kindness.

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

When did kindness become a sign of weakness? What if kindness actually has the power to change the world? Culture is at a crossroads when it comes to kindness. These days we either view kindness as an inert act based on the absence of being a jerk, or we see acts of kindness as heroic and herculean, beyond the reach and capability of mere mortals. Choosing kindness is also exhausting. The public and private back-and-forth exchanges of hatred and de-humanizing that is more about ratings, retweets, and winning than relationships and community is taking a toll on our motivation to even contemplate kindness as a valid response. In Defense of Kindness makes a case that we each can choose kindness as a way to experience community and wholeness in new ways. With a playful spirit, tender heart, and unwavering commitment to justice, "kindness enthusiast" Reyes-Chow explores the many ways in which kindness can bring about healing, wholeness, and hope in ourselves and the world. Through unfiltered sharing of his own experiences, Bruce invites the reader into an adventure of discovery and rediscovery of kindness of heart, mind, spirit, and action.

[Copyright: f7bf4402fbe2f79dc08d0ed3ca886681](https://www.amazon.com/dp/B07F79DC08)