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"This book says it all."

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AUTHOR OF DON'T SWEAT THE SMALL STUFF



the power of kindness

*The Unexpected Benefits
of Leading a Compassionate Life*

PIERO FERRUCCI

Piero Ferrucci

The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition



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The popular guide to living with kindness now includes a fresh chapter, introduction, and exercises in this tenth-anniversary edition. meditations, and exercises." Furthermore, Ferrucci contributes a substantial new introduction and collection of techniques, With nearly 125,000 copies sold, TarcherPerigee is celebrating the book's tenth anniversary with this new edition, featuring a complete new chapter by Piero Ferrucci on the theme of "Harmlessness," which joins his other chapters on virtues such as "Honesty," "Warmth," and "Loyalty. Kindness isn't some squishy virtue but the very important to your own pleasure. When THE ENERGY of Kindness first appeared in 2006 it thrilled and challenged readers with one audacious promise: Your acts of generosity and decency will be the secret to a fuller, more satisfying life. This tenth-anniversary volume is ideal for new readers and for enthusiasts of the original who would like to re-encounter its wisdom and power.



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New Edition Tops Itself! Having browse the original edition, I find much new benefit in this 10th anniversary edition. As someone in the same field, I came across this a fantastic read. - Gerald Mousley I did not expect to love ?? this book I am somewhat skeptical of most books that purport to make 1 better or happier. Plus there are two other features in the new edition that make this book a gem. Included in these are exercises for self-motivation (composing, meditating, etc.), an extensive reference section on each one of the 19 Kindness qualities, and much more. R Doyle Great read. Ferrucci shows us in this publication within an easy and straightforward way how to have a happier even more fulfilling existence. A well go through scholar anda talented psychotherapist, Dr. He also included some interesting studies that have been completed. Each subject was talked about and a story was presented with to clarify its importance. outstanding and inspirational i bought this book on a whim. Many thanks, Piero ! Ferrucci's engaging anecdotal style. However, this reserve touched me deeply. My 1st response was that I really didn't need to go through it because I believe I am kind, but after reading the 1st three chapters I noticed that kindness is certainly a much deeper method of becoming that what most people believe. It also has some very nice exercises in the back of the book. A Time to Listen Mr Ferrucci wrote an outstanding book, a must read for everyone. What managed to get so unique for me was the actual fact that everything he said you truly already knew. He didn't impart any miracle wisdom, just, commom human being decency. In the fast pase that have become many of our lives, we have developed a tendency not to "hear" our spouse , wife or significant other. Not out of insufficient caring, sometimes schedule creaps up unaware and turns into a habit, hard to break. This publication is quite best for specifically that. With the new chapter on Harmlessness, I could now read about 19 characteristics of Kindness, in Dr. it really is extremely recommended reading, not only for individuals, but, i wonder, lovers, families, or small organizations, such as for example church study groupings. I highly recommend it. it provides a smattering of tales from various spiritual traditions offering examples for us to emulate. However, the name caught my attention. Extremely positive teachings. I had not realized the infinite selection of ways to be kind before the Power of Kindness. i've examine scores of books on psychological control and living up to your potential. this book, as it turns out, is fairly practical for those of us who are even more, ummm, error prone. Inspirational This book gives desire to the hopeless. Very positive teachings Excellent read! written in the custom of the late, great leo buscaglia, of LOVE fame, this turns out to be one of those half-dozen books that i now keep by my bedside, re-reading a few pages during the night or each morning, to help me to spotlight those things that basically are the most significant things in lifestyle. Ferrucci discusses many different facets of kindness, some of these being honesty, warmth, forgiveness and trust. Mr. He also wrote it in a fashion that you didn't need to be a professional to understand it. The need for kindness I HIGHLY RECOMMEND THIS BOOK! The stories in his life were excellent in relevance to the kindness he's talking about in his book. It really is a labored courtesy." Whoa - after reading those two lines I knew I needed to read this book. A lot of time was spent on talking about how being kind to others makes not just that person happier, but also the one that is becoming kind. I will read this one over and over. I've literally pages and webpages of notes. The writer goes into how kindness consists of so many other attributes (humility, warmth, trust, forgiveness, respect, honest etc.) Every human knows how to end up being kind, but this book allows readers to understand how to live kindly, to have kindness part of our natures. We all want to know how to be a little more kind to one another. A lovely little book on kindness This is a wonderful little book that very gently discusses kindness and its ability to make our life and the ones around us happier. Mr. he writes in a style that editors like, that pull in the reader, and he

not just disseminates lots of details, but, he inspires us toward performing in a manner that propels us to achieve many of our goals. Now most of us have a whole new tool box filled with kindness.! Ferrucci did his homework.I pulled this publication of the library shelf, without any recommendations, which I never do. this actually is one of the better books that i've read on this issue of feelings and transpersonal psychology. Each chapter oneach Kindness quality is definitely a short read of less than a half hour, easilydigestible and inspirational any moment of day time. I am very glad I took enough time to read it. Annual read That is a book I'll want to learn annually. "If kindness provides falseness at its bottom, it is no much longer kindness. This is a good read and very effective and it's really Theory. I think I shall endeavor to read it once again each year. it describes, generally, research findings without bogging the reader down in scholarly information. It explains so a lot of things about our psyche. It helps us reach down and get hold of our dark spaces and turn them into light. At the same time it displays us how exactly to take the parts of us that already are on the positive aspect and improve upon them, to polish them. I am not even done with it, but it is written beautifully. My life has been enriched from reading it. Many thanks Mr. So much truth and wisdom- I'll need a lot more period to soak it in. I would also recommend either edition for another cause. Good read. Five Stars Good read. Three Stars Interesting book, well crafted Must browse! I enjoyed all the different tales and Mr Ferrucci do an excellent job of discussing the need for kindness without preaching about it. I absolutely love this publication. This reserve explains the paradox to be kind to others is certainly ultimately being kind to ourselves. It offers to become a must a go through for all. Enlightening This book was very informative. Ferrucci. Five Stars Wonderful to read



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