

Read Book The Power Of Kindness By Piero Ferrucci Pdf For Free

The Power of Kindness The Power of Kindness Your Inner Will Beauty and the Soul Deep Kindness The Compassionate Life What We May be The War for Kindness The Power of Kindness Crocodile on the Sandbank Radical Kindness Power of Kindness Inevitable Grace Stranger Than Kindness The Oxford Handbook of Hypo-egoic Phenomena The Kindly Ones The Hills of Chianti The Power of Giving A Woman Makes a Plan In Defense of Kindness Images of Quattrocento Florence Days of the Blackbird A Fearless Heart What We May Be The Kindness Cure What Our Children Teach Us The Lonely Hearts Hotel The Most Beautiful Woman in Florence A Year of Living Kindly Always by My Side The Power of Meaning Discourses on Livy Amy Snow The Little Book of Kindness The Hidden Power of Kindness A Reflection on Sraffa's Revolution in Economic Theory On Kindness Preaching Happiness The Works and Correspondence of David Ricardo The Passionate Mind

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. 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? Egoicism, a mindset that places primary focus upon oneself, is rampant in contemporary Western cultures as commercial advertisements, popular books, song lyrics, and mobile apps consistently promote self-interest. Consequently, researchers have begun to address the psychological, interpersonal, and broader societal costs of excessive egoicism and to investigate alternatives to a "me and mine first" mindset. For centuries, scholars, spiritual leaders, and social activists have advocated a "hypo-egoic" way of being that is characterized by less self-concern in favor of a more inclusive "we first" mode of functioning. In recent years, investigations of hypo-egoic functioning have been examined by psychologists, cognitive scientists, neuroscientists, and philosophers. Edited by Kirk Warren Brown and Mark R. Leary, *The Oxford Handbook of Hypo-egoic Phenomena* brings together an expert group of contributors to examine these groundbreaking lines of inquiry, distilling current knowledge about hypo-egoicism into an exceptional resource. In this volume, readers will find theoretical perspectives from philosophy and several major branches of psychology to inform our understanding of the nature of hypo-egoicism and its expressions in various domains of life. Further, readers will encounter psychological research discoveries about particular phenomena in which hypo-egoicism is a prominent feature, demonstrating its implications for well-being, regulation of emotion, adaptive decision-making, positive social relations, and other markers of human happiness, well-being, and health. This Handbook offers the most comprehensive and thoughtful analyses of hypo-egoicism to date. NAMED A BEST BOOK OF 2017 BY THE BOSTON GLOBE AND THE SAN FRANCISCO CHRONICLE "So filled with vivid descriptions and complex characters that the reader's experience is virtually cinematic. . . Utterly compelling." – The Washington Post From the author of *When We Lost Our Heads*, a spellbinding story about two gifted orphans – in love with each other since they can remember – whose childhood talents allow them to rewrite their future. *The Lonely Hearts Hotel* is a love story with the power of legend. An unparalleled tale of charismatic pianos, invisible dance partners, radicalized chorus girls, drug-addicted musicians, brooding clowns, and an underworld whose economy hinges on the price of a kiss. In a landscape like this, it takes great creative gifts to thwart one’s origins. It might also take true love. Two babies are abandoned in a Montreal orphanage in the winter of 1914. Before long, their talents emerge: Pierrot is a piano prodigy; Rose lights up even the dreariest room with her dancing and comedy. As they travel around the city performing clown routines, the children fall in love with each other and dream up a plan for the most extraordinary and seductive circus show the world has ever seen. Separated as teenagers, sent off to work as servants during the Great Depression, both descend into the city’s underworld, dabbling in sex, drugs and theft in order to survive. But when Rose and Pierrot finally reunite beneath the snowflakes – after years of searching and desperate poverty – the possibilities of their childhood dreams are renewed, and they’ll go to extreme lengths to make them come true. Soon, Rose, Pierrot and their troupe of clowns and chorus girls have hit New York, commanding the stage as well as the alleys, and neither the theater nor the underworld will ever look the same. With her musical language and extravagantly realized world, Heather O’Neill enchants us with a novel so magical there is no escaping its spell. The head of Italy’s "first family" of winemaking reflects on the Antinoris’ six-hundred-year legacy and a life of good food and drink in the hills of Tuscany. If you know wine, you know the name Antinori. Since 1385, this noble Florentine family has produced some of Italy’s finest wines. *The Hills of Chianti* tells the story of the Antinoris and the Tuscany they call home, through seven iconic bottles that define their legacy. From the Tignanello that ushered in the era of Super Tuscans to limited-edition vintages, these wines embody a way of life and will excite oenophile readers and lovers of Italy alike. In this family memoir Piero Antinori reveals the passion, tradition, and love of craft that have driven twenty-seven generations of vintners: from the first ancestor who signed up to the winemakers guild in the fourteenth century to Antinori’s own three daughters, poised to carry this most celebrated family of artisans into the future. But *The Hills of Chianti* is about much more than wine. At its heart the Antinori story is about "Tuscan-ness": a connection to the land, an appreciation for good food and drink, and the quintessentially Italian love of hospitality that make this one of the world’s most inspiring and memorable destinations. In a culture obsessed with happiness, this wise, stirring book points the way toward a richer, more satisfying life. Too many of us believe that the search for meaning is an esoteric pursuit—that you have to travel to a distant monastery or page through dusty volumes to discover life’s secrets. The truth is, there are untapped sources of meaning all around us—right here, right now. To explore how we can craft lives of meaning, Emily Esfahani Smith synthesizes a kaleidoscopic array of sources—from psychologists, sociologists, philosophers, and neuroscientists to figures in literature and history such as George Eliot, Viktor Frankl, Aristotle, and the Buddha. Drawing on this research, Smith shows us how cultivating connections to others, identifying and working toward a purpose, telling stories about our place in the world, and seeking out mystery can immeasurably deepen our lives. To bring what she calls the four pillars of meaning to life, Smith visits a tight-knit fishing village in the Chesapeake Bay, stargazes in West Texas, attends a dinner where young people gather to share their experiences of profound loss, and more. She also introduces us to compelling seekers of meaning—from the drug kingpin who finds his purpose in helping people get fit to the artist who draws on her Hindu upbringing to create arresting photographs. And she explores how we might begin to build a culture that leaves space for introspection and awe, cultivates a sense of community, and imbues our lives with meaning. Inspiring and story-driven, *The Power of Meaning* will strike a profound chord in anyone seeking a life that matters. “Oh my human brothers, let me tell you how it happened.” Dr. Max Aue, the man at the heart of Jonathan Littell’s stunning and controversial novel *The Kindly Ones*, personifies the evils of the Second World War and the Holocaust. Highly educated and cultured, he was an ambitious SS officer, a Nazi and mass murderer who was in the upper echelons of the Third Reich. He tells us of his experience during the war. He was present at Auschwitz and Babi Yar, witnessed the battle of Stalingrad, and survived the fall of Berlin — receiving a medal from Hitler personally in the last days of Nazi Germany. Long after the war, he is living a comfortable bourgeois life in France, married with two children, managing a lace factory. And now, having evaded justice, he speaks out, giving a precise and accurate record of his life. The tone of his account is detached, lapidary, and for the most part unrepentant, whether he is describing his participation in mass murder on the Eastern Front, his bureaucratic investigations of labour productivity in the death camps, his casual murder of civilians as he tries to break through Russian lines towards the end of the war, or his fervid and convoluted relationship with his twin sister. Over its course, by entwining Aue’s life with those of historical figures such as Eichmann and Speer, Himmler and indeed Hitler, *The Kindly Ones* comes to depict the entire architecture of Nazism — from its grandest intellectual pretensions to its most minute, most chilling managerial details and executions. *The Kindly Ones* presents — with unprecedented realism, meticulous research that is both fascinating and compelling, and brilliant literary accomplishment — the greatest horrors imaginable. “War and murder are a question, a question without an answer, for when you cry out in the night, no one answers,” Aue says. In the same way, this powerfully affecting, powerfully challenging book confronts the reader with the most profound questions about history, morality, and art without offering any easy resolution. Written originally in French, and published now in English for the first time, *The Kindly Ones* has already sold to date well over a million copies in Europe. In France it won two prestigious prizes, including the Goncourt, and has been compared to *War and Peace* and other great classics of literature. A SUNDAY TIMES BESTSELLER *Stranger Than Kindness* is a journey in images and words into the creative world of musician, storyteller and cultural icon Nick Cave. This highly collectable book invites the reader into the innermost core of the creative process and paves the way for an entirely new and intimate meeting with the artist, presenting Cave’s life, work and inspiration and exploring his many real and imagined universes. It features full colour reproductions of original artwork, handwritten lyrics, photographs and collected personal artefacts along with commentary and meditations from Nick Cave, Janine Bolland and Darcey Steinke. *Stranger Than Kindness* asks what shapes our lives and makes us who we are, and celebrates the curiosity and power of the creative spirit. The book has been developed and curated by Nick Cave in collaboration with Christina Back. The images were selected from ‘*Stranger Than Kindness: The Nick Cave Exhibition*’, opening at the Royal Danish Library in Copenhagen in June 2020. Amelia Peabody is Elizabeth Peters' most brilliant and best-loved creation, a thoroughly Victorian feminist who takes the stuffy world of archaeology by storm with her shocking men's pants and no-nonsense

attitude! In this first adventure, our headstrong heroine decides to use her substantial inheritance to see the world. On her travels, she rescues a gentlewoman in distress - Evelyn Barton-Forbes - and the two become friends. The two companions continue to Egypt where they face mysteries, mummies and the redoubtable Radcliffe Emerson, an outspoken archaeologist, who doesn't need women to help him solve mysteries -- at least that's what he thinks! To create more thriving, peaceful, and content personal lives as well as to create the conditions for maximum well being for all humans, animals, and the planet requires soul deep transformation. Through a series of secular sermons on a wide range of happiness skills, this book teaches and encourages that transformation. At the request of a kind duke's loving daughter, La Colomba, a pure white bird, braves the bitter winter of the northern Italian mountains to sing for the gravely ill man. 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! Kindness is the foundation of the world's great religions and most-enduring philosophies. Why, then, does being kind feel so dangerous? If we crave kindness with such intensity, why is it a pleasure we often deny ourselves? And why—despite our longing—are we often suspicious when we are on the receiving end of it? In this brilliant book, the eminent psychoanalyst Adam Phillips and the historian Barbara Taylor examine the pleasures and perils of kindness. Modern people have been taught to perceive ourselves as fundamentally antagonistic to one another, our motives self-seeking. Drawing on intellectual history, literature, psychoanalysis, and contemporary social theory, this book explains how and why we have chosen loneliness over connection. On Kindness argues that a life lived in instinctive, sympathetic identification with others is the one we should allow ourselves to live. Bursting with often shocking insight, this brief and essential book will return to its readers what Marcus Aurelius declared was mankind's "greatest delight": the intense satisfactions of generosity and compassion. The bestselling author of *The Power of Kindness* shows how the ability to appreciate beauty—far from being a luxury or an afterthought—is vital to leading a happy, balanced, and satisfying life. Beauty is all around us—in a flower, a song, the sound of falling water, or a dramatic painting. We often think of it as just "window dressing." But it's not. It is the balm of our existence, and we cannot live full and satisfying lives without it. Transpersonal psychologist Piero Ferrucci helps us to see everyday beauty in a whole new way—and to understand its powers to guide us through periods of darkness or stress, to speed recovery, to make life feel purposeful. He uses stories, case studies, clinical histories, and anecdotes to explain how different kinds of beauty complement and complete our lives in different ways. So much of the malaise and low-grade depression we may find in our lives and those of people we love is due to our inability to understand the extraordinary power—and necessity—of taking time to "smell the flowers." Ferrucci shows how we can place ourselves in closer proximity to the therapeutic healing that only beauty can bring. "The Buddhist practice of mindfulness caught on in the west when we began to understand the everyday, personal benefits it brought us. Now, in this extraordinary book, the highly acclaimed thought leader and longtime English translator of His Holiness the Dalai Lama shows us that compassion can bring us even more. Based on the landmark course in compassion training Jinpa helped create at Stanford Medical School, *A Fearless Heart* shows us that we actually fear compassion. We worry that if we are too compassionate with others we will be taken advantage of, and if we are too compassionate with ourselves we will turn into slackers. Using science, insights from both classical Buddhist and western psychology, and stories both from others and from his own extraordinary life, Jinpa shows us how to train our compassion muscle to relieve stress, fight depression, improve our health, achieve our goals, and change our world. Practical, spiritual, and immediately relevant, *A Fearless Heart* will speak to readers of *The Art of Happiness* and *Wherever You Go, There You Are*"--Provided by publisher. This anthology provides a panoramic view of fifteenth-century Florence in the words of the city's own citizens and visitors. The fifty-one selections offer glimpses into Renaissance thought. Together, the documents demonstrate the social, political, religious, and cultural impact Florence had in shaping the Italian and European Renaissance, and they reveal how Florence created, developed, and diffused the mythology of its own origins and glory. The documents point up the divergences in quattrocento accounts of the origins of Florence, and they reveal the importance of the city's economy, social life, and military success to the formation of its image. The book includes sources that elaborate on the city's accomplishments in literature and the visual arts, others that present major trends in Florentine religious life, and still others that attest to the acclaim and admiration that Florence evoked from foreign visitors. The editors also provide an informative introduction, a detailed chronology of fifteenth-century Italy, maps, photographs, an annotated bibliography, and a biographical sketch of the author of each document. This book presents a substantial collection of essays from a wide range of well respected scholars addressing several aspects of Piero Sraffa's economics in light of continuing controversies over the interpretation that should be placed on his work. It moves beyond extant scholarship with an added emphasis on the philosophical dimension of Sraffa's seminal work, *Production of Commodities by Means of Commodities*. Contributors probe new ways of thinking about the political economy of Sraffa and in doing so, alongside the comments to each contribution by other scholars, provide a cutting edge debate and discussion on non-mainstream economic theory. This book will be of interest to academics and advanced graduate students in economics, with additional interest from scholars in philosophy and the methodology of science. 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. Winner of the UK's Richard & Judy Search for a Bestseller Competition, this page-turning debut novel follows an orphan whose late, beloved best friend bequeaths her a treasure hunt that leads her all over Victorian England and finally to the one secret her friend never shared. It is 1831 when eight-year-old Aurelia Vennaway finds a naked baby girl abandoned in the snow on the grounds of her aristocratic family's magnificent mansion. Her parents are horrified that she has brought a bastard foundling into the house, but Aurelia convinces them to keep the baby, whom she names Amy Snow. Amy is brought up as a second-class citizen, despised by Vennaways, but she and Aurelia are as close as sisters. When Aurelia dies at the age of twenty-three, she leaves Amy ten pounds, and the Vennaways immediately banish Amy from their home. But Aurelia left her much more. Amy soon receives a packet that contains a rich inheritance and a letter from Aurelia revealing she had kept secrets from Amy, secrets that she wants Amy to know. From the grave she sends Amy on a treasure hunt from one end of England to the other: a treasure hunt that only Amy can follow. Ultimately, a life-changing discovery awaits...if only Amy can unlock the secret. In the end, Amy escapes the Vennaways, finds true love, and learns her dearest friend's secret, a secret that she will protect for the rest of her life. An abandoned baby, a treasure hunt, a secret. As Amy sets forth on her quest, readers will be swept away by this engrossing gem of a novel—the wonderful debut by newcomer Tracy Rees. 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 protegee, 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. "Warm, honest and true--A Woman Makes A Plan is full of insight as well as a good dose of humor, offering readers a lifetime of hard-won advice." --Diane Von Furstenberg The international supermodel shares personal stories and lessons learned from a life of "living dangerously--carefully" Maye Musk is a fashionable, charming, jet-setting supermodel with a fascinating and tight-knit circle of family and friends--and is 71 years old. But things were not always so easy or glamorous--she became a single mom at 31, struggling through poverty to provide for her three children; dealt with weight issues as a plus-size model and overcame ageism in the modeling industry; and established a lifelong career as a respected dietitian, all the while starting over in eight different cities across three countries and two continents. But she made her way through it all with an indomitable spirit and a no-nonsense attitude to become a global success at what she calls the "prime of her life." As everyone who follows her obsessively on social media knows, Maye is a fount of frank and practical advice on how the choices you make in every decade can pay off in surprising, exciting ways throughout your life. In *A Woman Makes a Plan*, Maye shares experiences from her life conveying hard-earned wisdom on career (the harder you work, the luckier you get), family (let the people you love go their own way), health (there is no magic pill), and adventure (make room for discovery, but always be ready for anything). You can't control all that happens in life, but you can have the life you want at any age. All you have to do is make a plan. "A Stanford psychologist offers a bold new understanding of empathy, revealing it to be a skill, not a fixed trait, and showing, through science and stories, how we can all become more empathetic"-- 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. The Dalai Lama offers teachings on the virtue of compassion, with advice on how to incorporate this important quality in daily life. FERRUCCI/POWER OF KINDNESS Children: They have the ability to turn our lives upside down, to disrupt our plans and our sleep, to try our patience, and to elicit our most ferocious love. But children also have the power to teach us the greatest lessons we'll ever learn... This book outlines a specific programme of easy-to-perform exercises that form the basis of a total system for psychological and spiritual growth. The popular guide to living with kindness now includes a new chapter, introduction, and exercises in this tenth-anniversary edition. When *The Power of Kindness* first appeared in 2006 it thrilled and challenged readers with one audacious promise: Your acts of generosity and decency are the secret to a fuller, more satisfying life. Kindness is not some squishy virtue but the very key to your own happiness. 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." In addition, Ferrucci contributes a substantial new introduction and selection of techniques, meditations, and exercises. This tenth-anniversary volume is perfect for new readers and for lovers of the original who want to re-experience its wisdom and power. One of America's most visible sports commentators relives some of the most dramatic moments in sports and pays tribute to his beloved father, the man who inspired him to pursue his broadcasting dream. 8-page b&w photo insert. "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 students, and human potential exercises"-- "In the tradition of Tracy Chevalier's *Girl with a Pearl Earring*, Palombo has married fine art with romantic historical fiction in this lush and sensual interpretation of Medici Florence, artist Sandro Botticelli, and the muse that inspired them all." - Booklist A girl as beautiful as Simonetta Cattaneo never wants for marriage proposals in 15th Century Italy, but she jumps at the chance to marry Marco Vespucci. Marco is young, handsome and well-educated. Not to mention he is

one of the powerful Medici family's favored circle. Even before her marriage with Marco is set, Simonetta is swept up into Lorenzo and Giuliano de' Medici's glittering circle of politicians, poets, artists, and philosophers. The men of Florence—most notably the rakish Giuliano de' Medici—become enthralled with her beauty. That she is educated and an ardent reader of poetry makes her more desirable and fashionable still. But it is her acquaintance with a young painter, Sandro Botticelli, which strikes her heart most. Botticelli immediately invites Simonetta, newly proclaimed the most beautiful woman in Florence, to pose for him. As Simonetta learns to navigate her marriage, her place in Florentine society, and the politics of beauty and desire, she and Botticelli develop a passionate intimacy, one that leads to her immortalization in his masterpiece, *The Birth of Venus*. Alyssa Palombo's *The Most Beautiful Woman in Florence* vividly captures the dangerous allure of the artist and muse bond with candor and unforgettable passion. 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. *Discourses on Livy* Niccolo Machiavelli - *Discourses on Livy* (1531) is as essential to an understanding of Machiavelli as his famous treatise, *The Prince*. Equally controversial, it reveals his fundamental preference for a republican state. Comparing the practice of the ancient Romans with that of his contemporaries provided Machiavelli with a consistent point of view in all his works. Machiavelli's close analysis of Livy's history of Rome led him to advance his most original and outspoken view of politics - the belief that a healthy body politic was characterized by social friction and conflict rather than by rigid stability. His discussion of conspiracies in *Discourses on Livy* is one of the most sophisticated treatments of archetypal political upheaval ever written. In an age of increasing political absolutism, Machiavelli's theories became a dangerous ideology. 2020 New York City Big Book Awards Winner in Self-Help: Motivational 2020 14th Annual National Indie Excellence Award-Winner in Self-Help Motivational 2019 IPPY Gold Medal Winner: Self Help 2019 Nautilus Book Awards Gold Winner in Personal Growth & Self-Help 2019 Next Generation Indie Book Awards: Gold Medal Winner in Motivational 2019 Readers' Favorite Awards: Gold Medal Winner in Nonfiction Self-Help 2019 Eric Hoffer Award Winner: Self-Help 2019 Independent Author Network Book of the Year Awards: First Place in Self-Help 2019 Chanticleer I & I Book Awards for Instruction and Insight Finalist 2019 International Book Awards: Finalist, Self-Help: General 2019 Nancy Pearl Best Book Award: Finalist in Memoir 2019 Eric Hoffer Montaigne Medal: Finalist 2019 Foreword Indies Finalist: Adult Nonfiction—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 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. Now back in print, this classic guide to breakthrough transpersonal experiences shows how exceptionally creative and talented individuals become capable of their remarkable feats, and teaches the techniques and inner attitudes that put the same breakthroughs within anyone's grasp. What spiritual practices have helped the world's greatest artists, scientists, and thinkers? How can you discover the type of spiritual practice that's suited to your personality. Inevitable Grace shows how people from every walk of life can learn from the achievements of humanity's spiritual and creative geniuses. This practical and visionary guide helps you discover that the more you give, the more you have. Simple and easy to use, *The Power of Giving* provides a wealth of down-to-earth ideas, exercises, and real-life stories that reveal to each reader the unique gifts he or she has to give—including kindness, ideas, advice, attention, hope, and more—and the many ways you can benefit from giving them, from better health to better job prospects. In *The Passionate Mind*, Joel Kramer asserts that "what we believe determines much of what we think and do: the way we move, the way we respond to people, how we think of ourselves, how we see the world in general." His basic message, stated in short, clear prose, is that passion is to be found only in the present moment, and mainly through becoming aware of the thoughts flowing through our minds, and through the primal process of observing our thoughts, they begin to self-correct. From the author of *The Guru Papers*, *The Passionate Mind* is a wonderful journey for anyone seeking to discover how to look at oneself. *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. A popular and practical introduction to psychosynthesis—the empowering psychology of self-actualization and enhanced personal growth. This book outlines a specific programme of easy-to-perform exercises that form the basis of a total system for psychological and spiritual growth. Drawing on his own case histories as a therapist, the author describes how the reader may resolve seemingly impossible conflicts, redirect aggressive impulses, awaken intuitive and creative powers, develop a strength of will and the sense of personal freedom, and capacity to love.

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