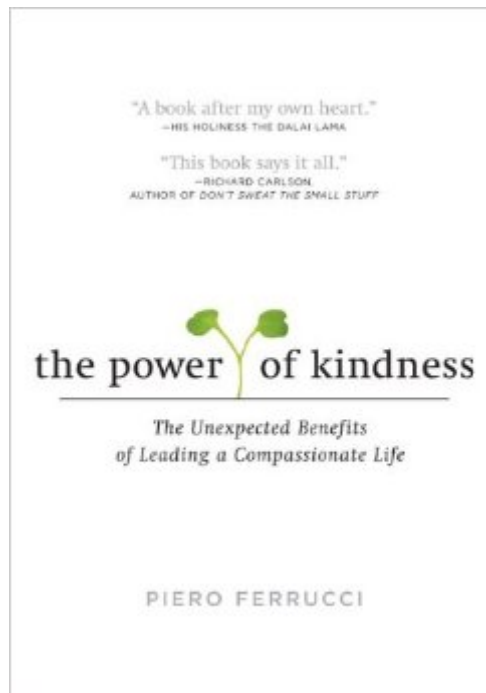


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The Power Of Kindness: The Unexpected Benefits Of Leading A Compassionate Life



Synopsis

"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.

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Customer Reviews

This is a long homily about the goodness of being nice. It is a simple down-to-earth book about qualities that are associated with nice people - honesty, warmth, forgiveness, trust, humility, patience, generosity, gratitude, respect, loyalty, empathy, and service. Each chapter is filled with short stories, some just a paragraph long. Even though the author occasionally retold stories that involved God to demonstrate the importance of being kind-hearted, his God was a universal god, not a specific, personal god. The central theme was the kind hearted man. The rest were

illustrations. This book will, I suspect, be particularly useful to nice, kindly people who had been distracted by the cares of the world and momentarily forgotten their true, kind selves. This book will serve as a reminder to them. It may also inspire those who wish to re-examine our lives without having to join an organised religion, or a philosophers' club.

This is an amazing little book. I have read 12-15 books about happiness by the most recognized authors (Seligman, Haidt etc.), but this is the the best one. I fully agree with all the other positive reviews. Of course, this book is basically about kindness, but it shows that everything good is related to it. And then, everything good is related to happiness. I particularly like the style of Ferrucci, it is modest without boasting and great promises. He also respects the findings of religions and does not pretend to invent the wheel again. Thanks, Piero Ferrucci!

The Power of Kindness is a very thought- provoking book. The cover reads, "The Unexpected Benefits of Leading a Compassionate Life". Something to make one think. I expect to read this book many times and find something new each time. I loved it.

This is an excellent book. I purchased three books on the same topic at the same time. The other two books turned out to be garbage. This book, on the other hand, was as good as they come. The writing was excellent and easy to follow. The points that the author made were absolutely dead on point. If you want to know about the power of kindness, or even just want a chance to look at a great way to live your life, this is the book!

A truely beautiful book that I will read over and over. The book reads with ease and reminds the reader of the beauty of kindness and compassion.

The fact that you have looked up this book and are reading the reviews is an excellent sign that you are ready for this book. My challenge is to share my feeling that this is a "wonderful" and "you must read this" book without sounding like another boring cliché. So how can I say this without saying it? For me, this book came into my life at just the right time and the right place. It is not a book that just tells you what you already know i.e. that kindness is a good thing and can be fun. However it does remind you of what you already know, but it is written in a way that you feel you are with the author in person and engaged in a deeply meaningful and heart-warming conversation. The feeling is one of peace and a sense of naturalness that "of course this way is so obvious" - no effort, no pushing

anything, but just allowing what is within us all to gently emerge from under the layers of life that strangle us all. If I am not explaining myself well, ignore the above and just go and buy the book - it's wonderful and a "must read."

There is a Japanese word "yasashii" (kind) and I have been looking for its equivalent in English for the longest time because it represents so much of the whole Japanese culture we see and feel. Finally, the search is over. The author spells out what kindness is in 18 different components. I have read the book twice already, and still feel like going back to read it again and again. I am a student in counseling field and always interested in positive psychology. I think this book is a great combination of traditional psychology, positive psychology and spirituality, which all makes sense in itself. As you can see from the reference list he has at the end of the book, all chapters are drawn from recently clinical research as well as the abundance of his life experience. It's very easy to read as he puts stories in each chapter. It's rich in teaching, experience and inspiration.

A beautiful reminder of the importance of kindness. This book will stay in my library as a permanent fixture for sure!

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