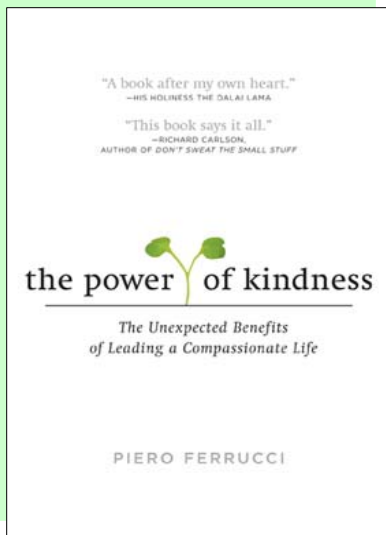


The Power of Kindness



Book: Paperback | 8.26 x 5.23in | 304 pages | ISBN 9781585425884 | 04 Oct 2007 | \$12.00

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.

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.

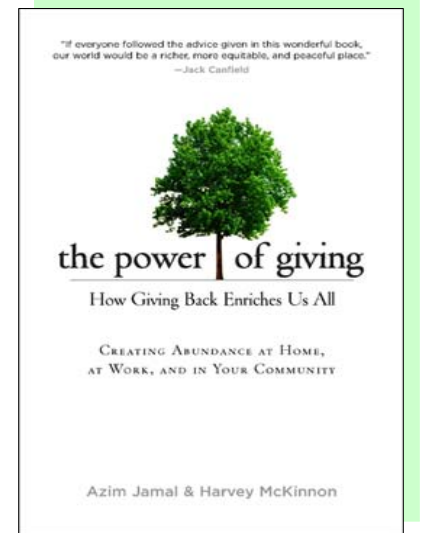
In eighteen interlocking chapters, Dr. Ferrucci reveals that the kindest people are the most likely to thrive, to enable others to thrive, and to slowly but steadily turn our world away from violence, self-centeredness, and narcissism- and toward love. Writing with a rare combination of sensitivity and intellectual depth, Dr. Ferrucci shows that, ultimately, kindness is not a luxury in our world but rather a necessity for us all.



In *The Power of Giving*, Azim Jamal and Harvey McKinnon take us beyond the idea that giving just means donating money; they expand it to include the giving of kindness, ideas, advice, attention, skills, time, hope, love, touch, and much more. This simple, easy-to-use guide to every facet of giving helps us understand why we should give and what each of us has to give—as well as to whom, how, when, and how much to give. Equally significant as the difference that giving makes in the lives of others is the difference that it makes in our own lives, with benefits ranging from the practical, such as improved health and professional connections, to the intangible, like hope and a sense of connection with others.

Full of personal stories and inspirational ideas, thought-provoking exercises that help the reader discover what they have to give and how to best give it, and special sections on corporate giving, teaching children how to give, giving forgiveness, giving what we need to receive, and giving wisely for maximum impact and benefit, *The Power of Giving* shows us how the act of giving is a fundamental human need with the power to enrich all our lives. It is a must-read for anyone interested in improving the world, and improving their own lives in the process.

The Power of Giving



Book: Hardcover | 9.25 x 6.25in | 208 pages | ISBN 9781585426683 | 14 Aug 2008 | \$22.95

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