



Practice Random Acts of Kindness: Bring More Peace, Love, And Compassion into the World

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A course in compassion from the creators of Random Acts of Kindness, Practice Random Acts of Kindness is a compilation of inspiring meditations, affirmations, and true stories collected from the growing number of "kindness experts" in the world. Contributors include Cecil Williams, Billy Graham, Rosalyn Carter, the Dalai Lama, presidents George Bush and Bill Clinton, and a once-homeless millionaire in Los Angeles whose life was transformed by an anonymous act of generosity. Kindness is a revolution whose time has come and, while most people sincerely want to be more caring, Practice Random Acts of Kindness brings it all home with simple suggestions of how to be kinder and why. From the wake of Hurricane Katrina to the tragedy of the tsunami to troops in Iraq performing acts of daily compassion, we see many glimpses of what a more benevolent world might look like. In Practice Random Acts of Kindness, the editors who flamed the spark of kindness tell us exactly how we can create this future and effect REAL change through kindness.

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