



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

By Piero Ferrucci

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"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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Editorial Review

From Publishers Weekly

Kindness is synonymous with mental health," writes Ferrucci, whose belief that kindness benefits both the giver and the receiver informs this study. Honesty, forgiveness, trust and humility are among the qualities that make up kindness. Italian psychotherapist Ferrucci (*What Our Children Teach Us*), who writes in a soothing, humane manner, studied with psychiatrist Roberto Assagioli, founder of psychosynthesis, a school that focuses on spiritual growth and positive qualities such as faith and joy. Laced with stories from religion and philosophy, anecdotes from patients and personal experience, the book explores how Ferrucci's ideas can be applied to everyday life. In "Forgiveness," he describes how a Holocaust survivor was able to forgive those who murdered his family and explains that forgiveness is the only remedy for unspeakable suffering. In the section on service, he suggests small ways one can benefit the lives of others, such as telling a joke to lift a friend's spirits or offering to make dinner for someone who needs time to rest. Ferrucci offers a fine reminder of how good, and how easy, it is to be kind. (Aug.)

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Review

"A book after my own heart!"

—**His Holiness the Dalai Lama**

"When all is said and done, it all comes down to kindness. This book says it all and should become a classic. Highly and enthusiastically recommended to all."

—**Richard Carlson, author of *Don't Sweat the Small Stuff***

"If ever there was a time in the world that we could use this book, it is now."

—**Cliff Johnson, *Science of Mind* magazine**

"Lovely... There is much to be learned and valued in its pages."

—**Kathryn L. Norsworthy, *PsychCRITIQUES: American Psychological Association Review of Books***

About the Author

Piero Ferrucci, a former student of and collaborator with transpersonal psychologist Roberto Assagioli, is a staff member of the Psychosynthesis Institute of Florence, Italy, and the International Federation of Medical Psychotherapy. He is the author of **What We May Be**, **Inevitable Grace**, **What Our Children Teach Us** and **Your Inner Will** (2014), among other titles. He lives in the Tuscan countryside with his wife and children.

Users Review

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James Bergeron:

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