



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

By Piero Ferrucci

Download now

Read Online ➔

## The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci

**"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.

 [Download The Power of Kindness: The Unexpected Benefits of ...pdf](#)

 [Read Online The Power of Kindness: The Unexpected Benefits o ...pdf](#)

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

By Piero Ferrucci

**The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition** By Piero Ferrucci

**"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.

**The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition** By Piero Ferrucci Bibliography

- Sales Rank: #95292 in eBooks
- Published on: 2007-10-04
- Released on: 2007-10-04
- Format: Kindle eBook

 [Download The Power of Kindness: The Unexpected Benefits of ...pdf](#)

 [Read Online The Power of Kindness: The Unexpected Benefits o ...pdf](#)

## Download and Read Free Online The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci

---

### 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.)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

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

From reader reviews:

**Heather Sessoms:**

Nowadays reading books be a little more than want or need but also be a life style. This reading habit give you lot of advantages. The advantages you got of course the knowledge your information inside the book in which improve your knowledge and information. The details you get based on what kind of guide you read,

if you want have more knowledge just go with schooling books but if you want really feel happy read one with theme for entertaining like comic or novel. Often the The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition is kind of publication which is giving the reader unpredictable experience.

#### **Marvin Boyer:**

Reading a e-book tends to be new life style in this era globalization. With examining you can get a lot of information that could give you benefit in your life. Along with book everyone in this world can share their idea. Guides can also inspire a lot of people. A great deal of author can inspire their own reader with their story as well as their experience. Not only the storyplot that share in the ebooks. But also they write about the knowledge about something that you need example. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on this planet always try to improve their talent in writing, they also doing some analysis before they write to their book. One of them is this The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition.

#### **Miguel Ross:**

You can get this The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition by go to the bookstore or Mall. Just simply viewing or reviewing it might to be your solve difficulty if you get difficulties for the knowledge. Kinds of this book are various. Not only by simply written or printed and also can you enjoy this book by simply e-book. In the modern era similar to now, you just looking by your mobile phone and searching what your problem. Right now, choose your current ways to get more information about your reserve. It is most important to arrange you to ultimately make your knowledge are still upgrade. Let's try to choose correct ways for you.

#### **Rosalie Castillo:**

What is your hobby? Have you heard in which question when you got students? We believe that that query was given by teacher on their students. Many kinds of hobby, All people has different hobby. And also you know that little person similar to reading or as studying become their hobby. You should know that reading is very important and also book as to be the matter. Book is important thing to increase you knowledge, except your own personal teacher or lecturer. You find good news or update about something by book. Numerous books that can you go onto be your object. One of them is actually The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition.

## **Download and Read Online The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth**

**Anniversary Edition By Piero Ferrucci #1YBN4J50QZ3**

# **Read The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci for online ebook**

The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci books to read online.

## **Online The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci ebook PDF download**

**The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci Doc**

**The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci Mobipocket**

**The Power of Kindness: The Unexpected Benefits of Leading a Compassionate Life--Tenth Anniversary Edition By Piero Ferrucci EPub**