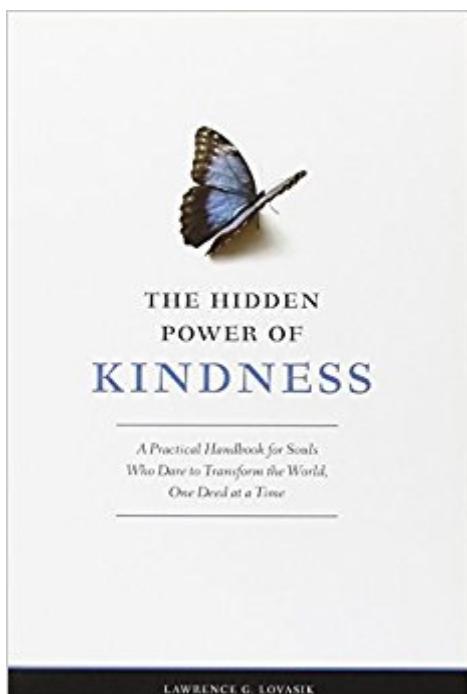


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The Hidden Power Of Kindness: A Practical Handbook For Souls Who Dare To Transform The World, One Deed At A Time



Synopsis

Kindness counts. If you have trouble acting with the consistent kindness our Lord expects, your relationships with God and those you love may be suffering. Probably you just can't find the time and can't ever seem to develop the patience that you need in order to be consistently kind amid the irritations that afflict you daily. That's why this book is such a godsend. There's nothing complicated or magical about learning to be kinder; it just takes greater attention to the things that you do and how you do them. *The Hidden Power of Kindness* shows you how to become more aware of even your most offhand daily actions. You'll find simple, step-by-step, and spiritually crucial directions for how to overcome the habitual unkindnesses that creep undetected into the behavior of even the most careful souls. If you want to make progress in the spiritual life, you can't afford to miss the bracing insights in this handbook for souls who yearn to be kinder. They'll give you years of solid help in overcoming sin so that you'll live more fully with others and truly transform your corner of the world! You'll learn:

- Four ways you can become more considerate . . . immediately!

- Sympathy: why it's your spiritual responsibility to show it to others and five ways you can start doing so
- Three things to do and three things you must not do in order to grow kinder quickly
- Four surprising reasons why it's spiritually dangerous to criticize others
- Three sure-fire remedies to eliminate sinful anger from your life
- Seven ways you can turn to your own spiritual benefit the wrongs that others do to you
- Six ways you can find and root out the hidden envy that may be choking your spirit right now
- And much more to help you grow kinder and holier!

-Practical step-by-step instructions for overcoming all forms of unkindness and meanness

Book Information

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Customer Reviews

Fr. Kenneth Baker, Homiletic and Pastoral Review *Supremely practical*. If you would like to improve your relations with others and so lead a more happy and peaceful life, get this book and read it carefully. Sr. Mary Rose McGeady, Covenant House "This wonderful book increases our insights into the wonders of the message that speaks so powerfully to us: 'Love is patient, love is kind.' "

--Personal Endorsements

Kindness counts. If you have trouble acting with the consistent kindness our Lord expects, your relationships with God and those you love may be suffering. Probably you just can't find the time and can't ever seem to develop the patience that you need in order to be consistently kind amid the irritations that afflict you daily. That's why this book is such a godsend. You'll learn how to be kinder, even in difficult circumstances. There's nothing complicated or magical about learning to be kinder; it just takes greater attention to the things that you do and how you do them. *The Hidden Power of Kindness* shows you how to become more aware of even your most offhand daily actions. You'll find simple, step-by-step, and spiritually crucial directions for how to overcome the habitual unkindnesses that creep undetected into the behavior of even the most careful souls. If you want to make progress in the spiritual life, you can't afford to miss the bracing insights in this handbook for souls who yearn to be kinder. They'll give you years of solid help in overcoming sin so that you'll live more fully with others and truly transform your corner of the world!

Bummed about the "workbook" portion. There's not much advice involved. A lot about what not to do.

Very good book! Really challenges you to be a better person. I've been reading it rather slowly because it is a lot to take in.

An amazing book! Inspiring but also very down to earth in its examination of what we think and do in our relationships with God, others and even ourselves. Highly recommend it!

This is hands down one of the most inspiring books I have ever read. Fr. Lovasik really pushes the reader toward greater holiness by encouraging the practice of kindness. The author begins the book

with an observation that struck close to home for me--that because one is spiritually devout does not mean one is kind. Some very religious people, he notes, can also be very unkind. So what exactly does the author mean by kindness? In short: If you raise your voice in anger (even to your spouse or children), you are being unkind. If you insist on having the last word in an argument, you are being unkind. If you talk about others behind their backs, you are being unkind. If you listen to gossip, you are being unkind. If you speak with sarcasm, you are being unkind. If three of you are sitting at a table and two of you engage in a conversation in which the other person is left out, you are being unkind. If you wait for others to ask for help before you offer assistance, you are being unkind. If you don't smile enough, you are being unkind. If you jump to negative conclusions about people you meet, you are being unkind. The list goes on and on. Fr. Lovasik stresses that it is the "little" things in life that often have profound everlasting consequences. Regardless of how faithfully we might pray or read the Bible or attend Mass, it is our kindness that draws people to God--and our unkindness that repels them. Kindness and unkindness alike are contagious, the author points out. Something as small as a smile can brighten another person's day; a frown or a harsh word can have the opposite effect. If you don't like to have your toes stepped on, this book is not for you. If, on the other hand, you're looking for someone to help you conform to the image of Christ, this is a must read.

Practical advice on how to really get rid of things that stand in the way of holiness. An outstanding book .

Finding it hard to be kind regularly? This book will put your life and relationships back into perspective. A must read!!

And I thought I was kind til I read this book! Well at least this opens my eyes to how I can be kinder.

Quick service and book was in very good condition! Thank you.

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