



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

Piero Ferrucci

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The popular guide to living with kindness now includes a new chapter, introduction, and exercises in this tenth-anniversary edition.

When *The Power of Kindness* first appeared in 2006 it thrilled and challenged readers with one audacious promise: Your acts of generosity and decency are the secret to a fuller, more satisfying life. Kindness is not some squishy virtue but the very key to your own happiness.

With nearly 125,000 copies sold, TarcherPerigee is celebrating the book's tenth anniversary with this new edition, featuring a complete new chapter by Piero Ferrucci on the theme of "Harmlessness," which joins his other chapters on virtues such as "Honesty," "Warmth," and "Loyalty." In addition, Ferrucci contributes a substantial new introduction and selection of techniques, meditations, and exercises.

This tenth-anniversary volume is perfect for new readers and for lovers of the original who want to re-experience its wisdom and power.

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