



The Art Of Being Kind (Paperback)

By Stefan Einhorn

Little, Brown Book Group, United Kingdom, 2010. Paperback. Condition: New. Language: English . Brand New Book. The concept of kindness is sometimes linked to qualities such as stupidity, gullibility and timidity, but in THE ART OF BEING KIND the word is given a new slant. Stefan Einhorn passionately believes that kindness is one of the finest things we can devote ourselves to, and is the single most important factor for success in our lives. If we strive to be kind to others, we simply cannot avoid doing ourselves good. In THE ART OF BEING KIND Einhorn describes what being kind involves, what can prevent us from being generous to others, examples of scientific research proving the benefits of benevolent behaviour, and sound and practical advice on how we can become kinder, and therefore more successful, in our everyday lives.



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