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The Power of Kindness

Kindness for some, it comes so easy, but for others, it can be a struggle. The answer often lies in a person's story. This book, along with each of you, will change our world as we know it. It only takes One Drop of Kindness to fill a heart with love.

Self-Compassion

An intimate, surprising look at man's best friend and what the leading philosophies of dog training teach us about ourselves. Years back, Melissa Holbrook Pierson brought home a border collie named Mercy, without a clue of how to get her to behave. Stunned after hiring a trainer whose immediate rapport with Mercy seemed magical, Pierson began delving into the techniques of positive reinforcement. She made her way to B. F. Skinner, the behavioral psychologist who started it all, the man who could train a pigeon to dance in minutes and whose research on how behavior is acquired has ramifications for military dolphin trainers, athletes, dancers, and, as he originally conceived, society at large. To learn more, Pierson met with a host of fascinating animal behaviorists, going behind the scenes to witness the relationships between trainers and animals at the National Zoo in Washington, DC, and to the in-depth seminars at a Clicker Expo where all the dogs but hers seemed to be learning new tricks. The often startling story of what became of a pathbreaking scientist's work is interwoven with a more personal tale of how to understand the foreign species with whom we are privileged to live. Pierson draws surprising connections in her exploration of how kindness works to motivate all animals, including the human one.

In Pursuit of Kindness

"A Fetch is a thief, a beggar, or a dog. My name is Kyrien. I was named after a song." Kyrien has always been more than he seems. As a street rat, he was a beggar but also a prophet. As a Seeker, he was both a prisoner and the jailor. Now, as a Mage his world is even less defined. Constantly buffeted between the past and the future, Magic and reality, Kyrien must hold his sanity together for one final mission: He must stop the Storm from coming or risk becoming his destiny: The

World Breaker.

The Secret Daily Teachings

How being called 'the world's ugliest woman' transformed one woman's life – and inspired millions of others. Because of a rare genetic condition, Lizzie Velasquez has dealt with harassment about her appearance for most of her life. In 2007, the rise of social media led to her most public and humiliating experience: a then 17-year-old Lizzie came across a YouTube video of herself entitled 'The world's ugliest woman'. Lizzie started using the very medium that spawned this hatred to fight back and spread positivity and compassion instead. 'The only way I could show those people that they weren't going to become my definition and my truth was to somehow make myself better'. Her response drew 34 million unique viewers and half a million subscribers to Lizzie's YouTube channel. She catapulted to international fame in 2013 when her TEDx address 'How Do You Define Yourself?' went viral. Today it has received more than 10 million views. In *Dare to be Kind* Lizzie shares her personal story, the solutions that have worked for her over a lifetime of bullying and on how we can transform society into a kinder, more accepting place. This book will be an invaluable resource for anyone facing bullying, their parents and friends – and anyone who wants to make a difference.

Commanding Magic

Stories about the life of Mother Teresa as told by the author, Leo Maasburg.

The Kindness Quotient

Kindness isn't merely about getting along with people and being nice. It's a game changer in business, the door opener to fulfillment, and the key to authenticity and confidence. It's also a superpower that can be honed through developing a daily practice of kindness as a lifestyle and is especially important in these divisive times. Whether it's the current political climate, family matters, or workplace dynamics, everything in our world appears to be more intense lately. Social media is a forum for debates and name-calling. Many feel frustrated and powerless. The person next to you might be on the verge of quitting or cracking under pressure. Is something as simple as kindness really the answer? Through years of talking to friends and colleagues about her kindness practices, Good Morning America correspondent and anchor Adrienne Bankert has heard story after story confirming the unlimited power of kindness. Adjusting our perspective from being closed off and self-centered to a mindset of kindness ripples into a staggering amount of personal fulfillment and development. Kindness is universally understood in every culture. No matter our age or ethnicity, where we come from, or how much money we make, any one of us can be kind. Any one of us can be the difference maker. As a bonus, we achieve our unique destiny day by day by being kind. Your Hidden Superpower will help you See the many layers of benefits that simple acts of kindness can bring to people who commit to practicing it in their lives Learn how to make kindness a habit in your own life and feel the joy, fulfillment, and inspiration that comes from helping others Make kindness one of your differentiators at work and experience the remarkable opportunities and direction that this brings Feel the

power of kindness as a force to reconnect you to your authentic self, replenish your passion and creativity, and find your voice

The Art Of Seduction

I waited until the last two years of high school to take Spanish and am now one of only three seniors; Sam and Rob are the others. Every day we have to conjugate verbs and today, the teacher was in a rare mood. Amar: to love That's what I associated with Rob Holland, the newest student at Naylorville High who somehow has the power to make me blush, stammer and trip all at once. Molestar: to annoy That should be Sam Seeley's middle name. Since seventh grade he has annoyed me to the point where I should earn a gold medal for ignoring him. Matar: to kill This is what I want to do to the person putting black origami roses in my locker, writing hateful notes, rude emails and texts and throwing a rock at my bedroom window. Nadar: to swim My one talent. A college scholarship I desperately need. Something I never thought I wouldn't be able to do until an "accident" cuts my swim season short. Aprender: to learn I have a lot to learn. About Rob and how emotionally stunted a person can be. About Sam and how his life isn't better than anyone else's. About how one friend's mental illness can have lasting effects. About love. About myself Lane Meyers.

Lamikorda

The beloved creator of Blues Clues and Daniel Tiger's Neighborhood and protégé of Fred Rogers explores the importance of kindness and how it can change your life in this essential guide and tie-in to the PBS special, "The Power of Radical Kindness." Angela C. Santomero, the creator, executive producer, and head writer of many of today's most popular educational children's shows believes in the radical power of kindness, on her shows, and in her life. Inspired by her mentor Fred Rogers, beloved host of the classic, award-winning PBS show Mister Rogers' Neighborhood, Angela has dedicated her life to teaching others that when you treat yourself and others with warmth, empathy, and respect, life changing benefits follows. From the true meaning of self-care and the gift of vulnerability, to the importance of active listening or the magic of asking for help, Radical Kindness goes beyond The Golden Rule and entreaties to "be nice," contending that kindness is the key to recognizing others, and ourselves, as worthy of love and understanding. Much like gratitude, Angela contends we need a kindness practice. A practice in which we learn to see with our hearts and act from a place of compassion. As the Dalai Lama says, "Be kind whenever possible. It is always possible." Through practicing radical kindness—toward ourselves, with loved ones, and to the world at large—we can transform ourselves, our neighborhood, and our world for the better.

Kindness Journal

A Stanford psychologist offers a bold new understanding of empathy, and shows how we can expand our circle of care, even in these divisive times Empathy is in short supply. Isolation and tribalism are rampant. We struggle to understand people who aren't like us, but find it easy to hate them. Studies show that we are less caring than we were even thirty years ago. In 2006, Barack Obama said that

the United States is suffering from an "empathy deficit." Since then, things only seem to have gotten worse. It doesn't have to be this way. In this groundbreaking book, Jamil Zaki argues that empathy is not a fixed trait--something we're born with or not--but rather a skill that we can all strengthen through effort. Drawing on both classic and cutting-edge research, including experiments from his own lab, Zaki shows how we can harness this new mindset to overcome toxic cultural divisions. He also tells the stories of people who are living these principles--fighting for kindness in the most difficult of circumstances. We meet a former neo-Nazi who is now helping extract people from hate groups, ex-prisoners discussing novels with the judge who sentenced them, Washington police officers changing their culture to decrease violence among their ranks, and NICU nurses fine-tuning their empathy so that they don't succumb to burnout. Written with clarity and passion, *The War for Kindness* is an inspiring call to action. The future may depend on whether we accept the challenge.

The War for Kindness

Great for Journaling and Writing - Makes the Perfect Gift This Writing Journal is a 5.5 x 8.5 soft cover journal notebook diary it has 238 lightly lined white pages with a beautifully colored cover displaying an inspirational word. Words can make you feel something you wish to remember, help you see things you don't wish to forget or they make you do something to push you forward. Pick the word that inspires you! Dimensions: 5.5 by 8.5 inches 238 Lightly Lined Pages (240 total pages) Makes the Perfect Gift White Paper Matte Cover Softcover / Paperback / Notebook 10 Colors: Aqua, Blue, Dark Blue, Green, Orange, Pink, Purple, Red, Teal and Yellow 36 Words: Abundance, Action, Attitude, Authentic, Believe, Blessings, Courage, Create, Dedicated, Disciplined, Dreams, Encourage, Faith, Focus, Goals, Grace, Gratitude, Honor, Hope, Inspire, Joy, Kindness, Love, Motivate, Opportunity, Overcome, Peace, Positive, Purpose, Rejoice, Strategic, Strength, Success, Truth, Vision and Wisdom A journal is a great tool for any of the following: a day timer, diary, notebook, travel journal, health journal, idea book, thoughts and dreams, successes, failures, blessings, wish lists, lists, habit tracking, bullet journaling, things grateful for, prayer lists, to write thoughts and letters to your family, record medical information, a password notebook, express your feelings, to-do lists, resolve problems, reduce stress, record events, track your bucket list, keep your deepest secrets, song lyrics, track projects, write poetry, positive quotes, bible verses, bible study notes, work through heartache or painful memories, or use it for things that enhance your creativity and inspire you along with a lot more. An easy way to search is type in Elf Owl Publishing, the word and color to get the complete listing of what is available to show up. Example: Elf Owl Publishing Love Orange - The words and colors available are listed above in the bullet point section. Be sure to check out our entire line of products: Address Books, Password Journals, Sermon Notes, Bible Study Notes, Bullet Dot Grid Style Journals, and more. Go to our Author Page by clicking on Elf Owl Publishing under the title of this product. This is a paperback, softcover, notebook style journal.

Hidden Power of Kindness

The Alplai have lived in peace and prosperity for centuries, spreading beyond their homeworld's single continent into floating cities on its vast oceans, and colonizing

the planets and moons of their solar system. Now, a massive alien vessel has come, carrying over a million colonists in cryogenic stasis from a devastated world. Ganak, the recently appointed Commissioner for Space Exploration, advocates that the Terai be allowed to settle in the newly prepared Eastern Sector of the planet Totrana. The proposal is approved, and the avian-descended Alplai work with this strange mammalian species to help them build a new home. But not all the Alplai welcome these creatures. Many are concerned about their warlike past, and when a new disease erupts on Totrana, the aliens are quickly blamed. Despite their contributions, the Terai face discrimination and harassment. How far can Ganak use his influence to help, and what leaders will emerge amongst them as they strive to build a new life?

The Kindness Method

The Kindness Quotient helps you find new, meaningful ways to help others and boost your kindness "score"! What's your kindness quotient? We like to think of ourselves as inherently kind, but just how kind are you? Are there places where you can improve? And are there better, more effective ways for you to improve the world around you? The capacity for kindness is among our most valuable assets, contributing to each and every good work done in the name of helping the people around us. The Kindness Quotient is part evaluation, part celebration, as it examines the places where each of us can cultivate kindness. Better yourself and boost your score with The Kindness Quotient!

Mother Teresa of Calcutta

"Standing on the shoulders of C.S. Lewis", Kreeft provides a look at the nature of heaven. A refreshingly clear, theologically sound glimpse of the "undiscovered country". Kreeft speaks to the heart and the mind for an unexcelled look at one of the most popular, yet least understood, subjects in religion.

Lane Changes

First time available in ebook! The Secret Daily Teachings, the much-loved companion guide for living The Secret day by day, is now available in a new ebook format. Take the next step with The Secret Daily Teachings—the much-loved companion guide for living The Secret day by day is now available in a new ebook format. The Secret contains clear principles on how to live your life in accordance with the natural laws of the Universe, but the important thing for every person is to LIVE IT. Now, with The Secret Daily Teachings, Rhonda Byrne takes you through a year of teachings, sharing wisdom and insights for living in harmony with the laws that govern all human beings, so that you may become the master of your life. Building upon The Secret's powerful truths, your knowledge of the law of attraction is about to expand far beyond what you can imagine. More joy, more abundance, more magnificence—every single day of the year.

Becoming Kerry

If you have trouble acting with the consistent kindness our Lord expects, your

relationships with God and those you love may be suffering. That's why this book is such a godsend. Fr. Lawrence Lovasik brings you simple directions for how to overcome unkind habits that can creep -- undetected -- into your behavior. If you want to make progress in the spiritual life, don't miss these insights: they'll give you years of solid help to grow in charity and truly transform your corner of the world!

The Hidden Power of Kindness

This modern allegory inspires taking joyful steps to end hatred and violence. In the playful style of twelfth-century Japanese picture scrolls, Mayumi Oda's art depicts humans as animals who lose their way when their leaders become confused and drawn to violence. It is up to each individual—the frog who plants a garden, the cat who supports an elderly neighbor—to create a better world through simple acts of kindness. This timeless parable for readers of all ages expands upon the idea that we can all become agents of goodness and beauty. Winner of the 2016 Independent Publishers Gold Medal.

Overcoming Sinful Anger

Deepak Chopra, Debbie Ford, and Marianne —New York Times bestselling authors and internationally acclaimed teachers—have joined together to share their knowledge on one of the most crucial obstacles to happiness we face—the shadow. These three luminaries, each with a signature approach, bring to light the parts of ourselves we deny but that still direct our life. For it is only when we embrace our shadow that we discover the gifts of our authentic nature. The shadow exists within all of us. It is a part of us and yet we spend most of our life running from it. But far from being scary, our dark side holds the promise of a better, more fulfilling life. Our shadow makes itself known every day. It is the reason we get furious over a friend showing up ten minutes late, yell at our parents or kids when they have done nothing wrong, and sabotage our own success at the worst possible time. Until we are able to embrace our dualistic nature, we will continue to hurt ourselves and those closest to us and fall short of our potential. Combining the wisdom of three experts, *The Shadow Effect* is a practical and profound guide to discovering the gifts of our shadow. These three authors powerfully pierce the veil of our unclaimed self, releasing us from the past and propelling us on a journey to wholeness. No longer living a half life, we are capable of achieving our dreams and reclaiming the happiness that is our birthright.

Under the Weeping Tree

Self-Love: Your Greatest Guide on the Path to Healthy Weight The secret to sustainable weight loss isn't counting calories or depriving yourself at the dinner table. Jean Fain tells us it's about cultivating awareness and self-acceptance wherever you are. With *The Self-Compassion Diet*, this Harvard Medical School-affiliated psychotherapist prescribes a practical program for transforming the way you think and feel about food and your whole self—a shift that, paradoxically, inspires physical change. Combining loving-kindness, self-hypnosis, and other winning weight-loss strategies, *The Self Compassion Diet* is available in

two complementary formats to help you naturally progress toward genuine self-acceptance and a healthy, sustainable weight. With more than 30 different tools including quizzes, breathing exercises, and visualizations, the book explores four powerful weight-loss methods. The audio edition guides you through 11 key practices described in the book. Used together, this powerful combination can speed learning and boost success. Additional topics include: How to appreciate the everyday activity of eating, and learn to trust your body's signals that it's nourished Gradual change—a guided visualization for developing mindful eating habits A meditation for getting to know the diet coach who knows you best—your compassionate inner advisor “Most dieters try to ‘kill cravings’ and break habits with self-discipline,” teaches Fain. “Self-kindness can help quiet the shame that traditional diets instill, and establish a harmonious relationship with food.” The Self Compassion Diet book and audio offer a treasury of heart-opening mind-body teachings and practices for improving the way you live, breathe, and eat.

Among the Hidden

The Kindness Method is the key to breaking unwanted habits—for good! Combining her own therapeutic style, personal experiences, and techniques learned from working in the field of substance abuse, Shahroo Izadi shares simple steps that strengthen your willpower like a muscle, allowing you to sustain your motivation and make lasting change in your life. Shahroo's completely non-judgmental process for mapping and channeling your habits is based on the principle of treating yourself with the compassion and understanding that it is often only reserved for other people. From procrastination to issues of body image, this method works by creating a custom plan—mapped by you, for you, and driven by self-motivation.

The Power of Kindness

Dave Stewart has survived the inferno of Kansas City and come out the other side. To the rest of the world his fate is uncertain, and by now even Agent Keyes knows better than to assume he's dead. As Keyes and his rogue DHS agents continue their search for him, Dave knows that Plan A, as usual, won't work. His only chance is to keep moving until he can find a safe way to make contact with Nate Reid and figure out his next move. As Dave's odyssey across a zombie infested America continues, he encounters the best and the worst in his fellow survivors. He will find new allies, learn more about the true nature of the Asura virus, and his role in even bigger designs than he ever imagined. But, in a land filled with enemies both living and dead, is all the skill, wit and courage in the world enough to help him survive? Or will this be Dave Stewart's last journey?

The Hidden Power of the Bible

Kristin Neff, Ph.D., says that it's time to “stop beating yourself up and leave insecurity behind.” *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on

self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

Radical Kindness

Kerry Sanderson's life is falling apart. He's crushing himself to fit into the boxes others have put him in: dutiful son, good boyfriend, real man. But even the small rebellions he's fought for himself—moving into a sketchy part of town and becoming an exotic dancer—aren't giving him the freedom he needs. Ewyn Garrity, a security guard at the gay club where Kerry dances, has found himself in protecting others. Everyone thinks he's straight, but Ewyn doesn't fit into simple boxes, either. When he meets Kerry, he makes a not completely innocent offer of company after work. Ewyn and Kerry hit it off, each finding something he desperately needs in the other. But when Kerry is forced to confront the pain and self-doubt that keep him crushed in his boxes, he's afraid that no one, not even Ewyn, will be able to love who he is when he finally, truly becomes Kerry. (M/M, M/GQ)

Deep Kindness

Renowned scholar Dr. Tim Gray masterfully guides you through the tumultuous and inspiring life of Peter—from his call to discipleship to his eventual martyrdom in Rome. Using Sacred Scripture and tradition, Dr. Gray highlights these important lessons from Peter's life, including: How to become a trusting disciple and "cast into the deep" The pitfalls of living discipleship at a distance and the eventual denial that will come How to recover from sin and accept God's mercy How to become a bold witness to others of the love of Jesus Come to better know, love, and follow Jesus through the Rock on whom he built his Church.

Random Kindness and Senseless Acts of Beauty

As a veteran emergency room physician, Dr. Brian Goldman has a successful career setting broken bones, curing pneumonia, and otherwise pulling people back from the brink of medical emergency. He always believed that caring came naturally to physicians. But time, stress, errors, and heavy expectations left him wondering if he might not be the same caring doctor he thought he was at the beginning of his career. He wondered what kindness truly looks like—in himself and in others. In *The Power of Kindness*, Goldman leaves the comfortable, familiar surroundings of the hospital in search of his own lost compassion. A top neuroscientist performs an MRI scan of his brain to see if he is hard-wired for empathy. A researcher at Western University in Ontario tests his personality and makes a startling discovery. Goldman then circles the planet in search of the most empathic people alive, to hear their stories and learn their secrets. He visits a boulevard in São Paulo, Brazil, where he meets a woman who calls a homeless poet her soulmate and reunited him with his family; a research lab in Kyoto, Japan, where he meets a lifelike, empathetic android; and a nursing home in rural Pennsylvania, where he meets a therapist at a nursing home who has an uncanny knack of knowing what's inside the hearts and minds of people with dementia, as

well as her protege, a woman who talked a gun-wielding robber into walking away from his crime. Powerful and engaging, *The Power of Kindness* takes us far from the theatre of medicine and into the world at large, and investigates why kindness is so vital to our existence.

The Shadow Effect LP

Most girls' dream of being rescued by a handsome knight but for Lady Silory Bayroy that dream never really existed. She wasn't trapped in a dragon guarded tower or even imprisoned by a wicked stepmother. No, her fate seemed much crueler than that. She was trapped in her own room, unable to walk and it was her own fault. To make matters worse Silory's mother treated her like a dress up doll. Her only chance to escape her reality was by reading the books her father brought her. As time went on though, she longed to see the world the books described or learn the magic spells they contained. With no handsome knight to rescue her, Silory would have to break free on her own. In her struggle to do so, she discovers a hidden power deep within herself that sets off a chain of chaotic events

Secret Kindness Agents

Spread meaningful kindness every day with these anecdotes and actions that can help bring change to our lives, our relationships, and the world. Practicing kindness is an essential step in helping to repair a world that has grown to be more divisive, lonely, and anxious than ever. But with quotes like, "Just be kind" or, "Throw kindness around like confetti," we've oversimplified what it takes to actually demonstrate kindness in a world crying out for it. *Deep Kindness* pairs anecdotes with actions that can make real change in our own lives, the lives of others, and throughout the world. Diving into the types of kindness the world needs most today, this book takes an honest look at the gap between our belief in kindness and our ability to practice it well—and shows us how to put intention into action. Exploring everything from the empathy gap to the skill of emotional regulation, *Deep Kindness* is perfect for anyone who believes in a kinder world and recognizes that there is a lot of work to do before we achieve it.

Your Hidden Superpower

Presents a fresh perspective on confession, inviting the reader to begin an exciting personal journey to healing and holiness.

7 Secrets of Confession

Secret Kindness Agents was a featured segment on the Hallmark Channel airing of *The Christmas Train* in December 2017. Moved by the Sandy Hook Elementary School tragedy, Ferial Pearson wondered if a simple act of kindness could change a life. She thought of the school where she taught and the students she guided every day and wondered, what would happen if we started secretly carrying out small acts of kindness in school? Could a modest act of compassion really change the course of a life? She posed the question to her students. They didn't have the answers but they were willing to find out. So they became the *Secret Kindness*

Agents. They not only changed the lives of those they met, they changed their own. Their hope, their hearts, and their hunger for happiness will inspire you to change your small corner of the world, in your own way, for the better. Let them show you how they did it, and how you can do the same. This program has been implemented in over 350 schools across the country.

Everything You Ever Wanted to Know about Heaven

An inspiring account of America at its worst-and Americans at their best-woven from the stories of Depression-era families who were helped by gifts from the author's generous and secretive grandfather. Shortly before Christmas 1933 in Depression-scarred Canton, Ohio, a small newspaper ad offered \$10, no strings attached, to 75 families in distress. Interested readers were asked to submit letters describing their hardships to a benefactor calling himself Mr. B. Virdot. The author's grandfather Sam Stone was inspired to place this ad and assist his fellow Cantonians as they prepared for the cruelest Christmas most of them would ever witness. Moved by the tales of suffering and expressions of hope contained in the letters, which he discovered in a suitcase 75 years later, Ted Gup initially set out to unveil the lives behind them, searching for records and relatives all over the country who could help him flesh out the family sagas hinted at in those letters. From these sources, Gup has re-created the impact that Mr B. Virdot's gift had on each family. Many people yearned for bread, coal, or other necessities, but many others received money from B. Virdot for more fanciful items—a toy horse, say, or a set of encyclopedias. As Gup's investigations revealed, all these things had the power to turn people's lives around- even to save them. But as he uncovered the suffering and triumphs of dozens of strangers, Gup also learned that Sam Stone was far more complex than the lovable- retiree persona he'd always shown his grandson. Gup unearths deeply buried details about Sam's life—from his impoverished, abusive upbringing to felonious efforts to hide his immigrant origins from U.S. officials—that help explain why he felt such a strong affinity to strangers in need. Drawing on his unique find and his award-winning reportorial gifts, Ted Gup solves a singular family mystery even while he pulls away the veil of eight decades that separate us from the hardships that united America during the Depression. In *A Secret Gift*, he weaves these revelations seamlessly into a tapestry of Depression-era America, which will fascinate and inspire in equal measure. Watch a Video

One Drop of Kindness

In a future where the Population Police enforce the law limiting a family to only two children, Luke, an illegal third child, has lived all his twelve years in isolation and fear on his family's farm in this start to the *Shadow Children* series from Margaret Peterson Haddix. Luke has never been to school. He's never had a birthday party, or gone to a friend's house for an overnight. In fact, Luke has never had a friend. Luke is one of the shadow children, a third child forbidden by the Population Police. He's lived his entire life in hiding, and now, with a new housing development replacing the woods next to his family's farm, he is no longer even allowed to go outside. Then, one day Luke sees a girl's face in the window of a house where he knows two other children already live. Finally, he's met a shadow child like himself. Jen is willing to risk everything to come out of the shadows—does Luke dare to

become involved in her dangerous plan? Can he afford not to?

The Rabbit Effect

Turtle Island

When St. Jane Francis de Chantal encouraged St. Francis de Sales to be a bit angrier over the opposition they were facing in starting their religious order, he replied, "Would you have me lose in a quarter hour what has taken me twenty years' hard work to acquire? St. Francis de Sales had quite a temper when he was young. But over time he learned to convert his angry feelings into virtuous action. He knew that anger never leads to happiness. Worse, it causes tremendous harm to our relationship with God. In these pages, the wise Fr. Morrow shows you how to pull the rug out from beneath your anger and reclaim a life of peace and grace. You'll come to understand the root causes of angry behavior, ways to heal painful memories, and how to deal well with your hurts and humiliations. You're not likely to overcome blowups and anxiety through willpower alone. You need tools that help you cultivate the habits that lead to virtuous action. You'll discover here simple ways to influence your behavior, control your impulses, and rebuild tattered relationships. When you follow the simple advice offered in these pages, you'll be surprised at how quickly you're giving up all desire for revenge, forgiving those who hurt you, and finding peace in your life. You'll also learn: The difference between righteous and sinful anger. Why saying "Well, that's just the way I am" could cost you your soul. The three root causes of every angry outburst. The five stages of healing hurtful memories. How to discipline an angry child. The three actions every Christian MUST take to overcome sinful anger. "Father Morrow presents a practical solution to a common problem. This book can make the world a much better place." Mike Aquilina

The Self-Compassion Diet

If we are to follow Jesus then we must be pursuing the virtue of kindness.

Zompoc Survivor

The inspiration of Ernest Holmes has reached hundreds of thousands of readers through his classic works, many of which are just now becoming available in paperback. Originally published in 1929 as *The Bible in Light of Religious Science*, this exegesis on the hidden lessons of some of Scripture's best-known verses has been largely unavailable-and even unknown-since the 1940s. Indeed, this edition comes as a brand-new work to the many readers of Ernest Holmes. It is fully reset and redesigned, published for the first time with an index, and includes a new preface to frame the book for the contemporary reader.

Dare to be Kind

Sixteen-year-old Max and 10-year-old Tessa were fully prepared for another horrible summer vacation. While they always hoped to go somewhere fun like

Disney World or Universal Studios, they usually went somewhere weird and cheap that their father, former boy bander Don Masters, found in an ad in a truck stop coupon magazine. But this year was different. Where they went couldn't be found on any map or in any truck stop coupon book. They passed through a portal to a place called Turtle Island, an alternate version of America that diverged from our history before the pilgrims landed at Plymouth Rock. It was there where they met world famous action movie star Jordie Paine -- star of such films as *I Plan to Kill You Now* and the sequel, *I Plan to Kill You Now, Too*, the ninja film, *Chuck Butcher: Sword Wielding Jackal*, as well as the light-hearted romp, *Harry Hinklehoffer and the Giant Dancing Toad of East Nebraska* -- who would be their guide in this strange new world. Jordie, they later learned, brought the Masters family to Turtle Island for a very specific reason. Because they look just like the ruthless first family of Turtle Island, the Masters are pawns in a coup to overthrow the dictator. But things don't go as planned and the Masters wind up in the Survival Games, Turtle Island's national pastime/system of justice where criminals competitors, or crimpetitors, compete for their freedom. In this scifi comedy, the stakes are very simple -- if they win, they rule, if they lose, they must suffer the consequences.

A Secret Gift

"Shares the story of Leonard the Lion--admired by all other animals as King of the Jungle--who wears a red cape and uses his power and status to make a positive impact on those around him. The fun, colorful book is sprinkled with magic and mystery"--

Peter

This groundbreaking and life-changing work based on the latest research effectively demonstrates "the profound impact that love, connection, and kindness have on our health" (Mark Williamson, PhD, director of Action for Happiness). When Columbia University doctor Kelli Harding began her clinical practice, she never intended to explore the invisible factors behind our health. But then there were the rabbits. In 1978, a seemingly straightforward experiment designed to establish the relationship between high blood cholesterol and heart health in rabbits discovered that kindness—in the form of a particularly nurturing post-doc who pet and spoke to the lab rabbits as she fed them—made the difference between a heart attack and a healthy heart. As Dr. Kelli Harding reveals in this eye-opening book, the rabbits were just the beginning of a much larger story. Groundbreaking new research shows that love, friendship, community, and our environment can have a greater impact on our health than anything that happens in the doctor's office. For instance, chronic loneliness can be as unhealthy as smoking a pack of cigarettes a day; napping regularly can decrease one's risk of heart disease; and people with purpose are less likely to get sick. At once paradigm-shifting and empowering, *The Rabbit Effect* illuminates vital public health research showing kindness in our day-to-day lives can make the "world a healthier, happier place. I recommend this book highly for anyone who wants to live more healthfully" (Christy Turlington Burns, and CEO of Every Mother Counts).

The Secret History of Kindness: Learning from How Dogs Learn

FERRUCCI/POWER OF KINDNESS

The Hidden Power of F*cking Up

The Try Guys deliver their first book—an inspirational self-improvement guide that teaches you that the path to success is littered with humiliating detours, embarrassing mistakes, and unexpected failures. To be our best selves, we must become secure in our insecurities. In *The Hidden Power of F*cking Up*, The Try Guys - Keith, Ned, Zach, and Eugene - reveal their philosophy of trying: how to fully embrace fear, foolishness, and embarrassment in an effort to understand how we all get paralyzed by a fear of failure. They'll share how four shy, nerdy kids have dealt with their most poignant life struggles by attacking them head-on and reveal their - ahem - sure-fail strategies for achieving success. But they're not just here to talk; they're actually going to put their advice to work. To demonstrate their unique self-improvement formula, they'll each personally confront their deepest insecurities. A die-hard meat-lover goes vegan for the first time. A straight-laced father transforms into a fashionista. A perpetually single sidekick becomes the romantic lead. A child of divorce finally grows more intimate with his family. Through their insightful, emotional journeys and surprising, hilarious anecdotes, they'll help you overcome your own self-doubt to become the best, most f*cked up version of yourself you can be!

It's Good to Be Kind

Which sort of seducer could you be? Siren? Rake? Cold Coquette? Star? Comedian? Charismatic? Or Saint? This book will show you which. Charm, persuasion, the ability to create illusions: these are some of the many dazzling gifts of the Seducer, the compelling figure who is able to manipulate, mislead and give pleasure all at once. When raised to the level of art, seduction, an indirect and subtle form of power, has toppled empires, won elections and enslaved great minds. In this beautiful, sensually designed book, Greene unearths the two sides of seduction: the characters and the process. Discover who you, or your pursuer, most resembles. Learn, too, the pitfalls of the anti-Seducer. Immerse yourself in the twenty-four manoeuvres and strategies of the seductive process, the ritual by which a seducer gains mastery over their target. Understand how to 'Choose the Right Victim', 'Appear to Be an Object of Desire' and 'Confuse Desire and Reality'. In addition, Greene provides instruction on how to identify victims by type. Each fascinating character and each cunning tactic demonstrates a fundamental truth about who we are, and the targets we've become - or hope to win over. *The Art of Seduction* is an indispensable primer on the essence of one of history's greatest weapons and the ultimate power trip. From the internationally bestselling author of *The 48 Laws of Power*, *Mastery*, and *The 33 Strategies Of War*.

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