



DOWNLOAD



Kindness and Joy: Expressing the Gentle Joy

By Harold G. Koenig

Templeton Foundation Press, U.S. Paperback. Book Condition: new. BRAND NEW, Kindness and Joy: Expressing the Gentle Joy, Harold G. Koenig, In this inspirational book, Dr. Harold G. Koenig demonstrates how kindness leads to life-enriching joy. The nature of kindness is explored - its relationship to love and generosity, as well as the characteristics that distinguish it from pity. Kindness is defined as an intentional and selfless kind of gentle love that involves concentrating on the needs of another person. It is the opposite of cruelty and neglect, which ignore the needs of others and focus only on the self. Joy is likewise examined and Koenig notes how it differs from the emotions of happiness and satisfaction. Its roots are shown to be in human experiences and actions. Stories from everyday life as well as the acts of well-known people illustrate how kindness is expressed. They, also, show the effects of kindness on the person who is being kind and the recipient of the kindness. While, to date, there is little formal research on kindness, there are studies on the positive impact of values that are related to it, such as forgiveness, altruistic love and acts of volunteering and compassion. It is...



READ ONLINE

[5.68 MB]

Reviews

Thorough manual for ebook fans. it had been writtarn quite properly and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Dr. Catherine Wehner**

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- **Brian Bauch**