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Independently Published, United States, 2019. Paperback. Condition: New. Language: English. Brand new Book. ? BUY THE PAPERBACK VERSION OF THIS BOOK AND GET THE KINDLE VERSION FOR FREE! ? Are you interested in discovering the real-life benefits associated random acts of kindness? Are you a mean and intimidating individual that wants to become kinder and better, but unsure how to start? Tyler Bourne(R), author of "Mental Coaching" takes a deep dive into the importance of kindness and how it can change your life and the lives of people around you in this practical guide. "The Unexpected Power of Kindness" reveals how ordinary people from all walks of life can easily lead fuller and more satisfying lives through acts of decency and compassionate behaviors. Within the pages of this book, you'll discover the surprising powers of exceptional kindness and specific ways you can shape your destiny by applying the principles of generosity in your daily life. In a world that encourages a "dog eat dog mentality," a lot of people believe that kind individuals finish last, but contrary to conventional wisdom, different studies have proven that kind people live longer, are healthier and earn more money. With this book, you'll discover how you can supercharge your life, transform your health and your whole world just by treating others with respect, compassion and empathy. Whether your goal is discover the effects of kindness on the human heart, enhance your career with compassion or you simply want transform from a mean person to a kinder individual, this book will help you see the many benefits of kindness and how you can unlock your own happiness by giving your time and energy to other people. Here's a preview of what you'll discover in this book: Research-backed ways kindness can help you heal your mind and improve your overall health How...

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