



1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire, and Change Your Life

By Linda Cohen

Avalon Publishing Group. Paperback. Book Condition: new. BRAND NEW, 1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire, and Change Your Life, Linda Cohen, When her father passed away in 2006, Linda Cohen's busy life as a mother, wife, and entrepreneur came to a screeching halt. She took a spiritual sabbatical to work through her grief, and she came out of it resolved to embark upon a project: perform one thousand acts of kindness--mitzvahs--to honor her father's memory. 1,000 Mitzvahs shares Cohen's two-and-a-half-year journey from sorrow to inspiration through simple daily acts of kindness. She presents each mitzvah as a short vignette, and the myriad forms they take--from helping the elderly to donating to good causes to baking and collecting food for others--highlight the many ways in which one person can touch the lives of others. As she pursues her quest, Cohen finds that her life is improved by these small acts--that every time she goes out of her way to do something good for someone else, she enhances her own well-being. More than a touching story of a daughter's love for her father, 1,000 Mitzvahs is a testament to the transformational power of kindness, and a call to...



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Merely no words to explain. I really could comprehend everything out of this published e book. I found out this publication from my dad and i suggested this publication to learn.

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This written pdf is fantastic. It normally is not going to expense a lot of. It is extremely difficult to leave it before concluding, once you begin to read the book.

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