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Titolo	Kindness and joy [[electronic resource] ] : expressing the gentle love // Harold G. Koenig
Pubbl/distr/stampa	Philadelphia, : Templeton Foundation Press, 2006
ISBN	1-283-26029-8 9786613260291 1-59947-192-2
Descrizione fisica	1 online resource (120 p.)
Disciplina	177/.7
Soggetti	Kindness Charity Joy Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Kindness, the gentle generous love -- What kindness is not -- The opposite of kindness -- The divine love -- Why kindness is important -- Joy, the sacred emotion -- How kindness results in joy -- The double blessing -- When joy doesn't result -- Barriers to kindness -- Practicing kindness -- Being kind to strangers and friends -- Being kind at work -- Being kind to family -- Helping others experience the joy of kindness.
Sommario/riassunto	This book includes guidance as well as information and inspiration. There are practical recommendations on how to perform acts of kindness in personal lives and at work, toward friends, colleagues, and family members-even with one's enemies. Suggestions are also offered on ways to encourage others to be kind so they, too, can experience the joy that results.