

1. Record Nr.	UNINA9910784940303321
Titolo	Cool to be kind [[electronic resource]] : random acts and how to commit them // Val Litwin ... [et al.]
Pubbl/distr/stampa	Toronto, : ECW Press, c2004
ISBN	1-282-53704-0 9786612537042 1-55490-652-0
Descrizione fisica	1 online resource (298 p.)
Altri autori (Persone)	LitwinVal
Disciplina	177.7
Soggetti	Kindness Conduct of life
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Front Cover; Praise for...; Dedication; Foreword; Preface - Chris; Introduction - Chris; Map - British Columbia; British Columbia; Map - Alberta; Alberta; Map - Saskatchewan; Saskatchewan; Map - Manitoba; Manitoba; Map - Quebec; Quebec; Map - New Brunswick; New Brunswick; Map - Prince Edward Island; Prince Edward Island; Map - Nova Scotia; Nova Scotia; Map - Newfoundland; Newfoundland; Looking Back; Conclusion; Acknowledgements; Recommended Resources; Back Cover
Sommario/riassunto	In August of 2002, four twenty-something friends in Canada packed a motor home and embarked upon a three-month nonprofit marathon known coast to coast as The Extreme Kindness Tour. Their mission: to commit as many random acts of kindness in as many communities as possible. This record documents their heartwarming stories of friendship and kindness and provides readers with ways to start their own kindness movements and get involved in their own communities. From mile zero to St. John's, The Extreme Kindness Tour staffed soup kitchens, broke horses, roofed houses, delivered flowers, sang