

## One Small Act Of Kindness

“Kindness is exactly what we need in our fractured world right now—it provides the simplest path to healing.” A single act of kindness, whether to a friend or a stranger, can become a spool of generosity that unwinds and touches the lives of so many. . . From Woman’s Day Editor-in-Chief Susan Spencer comes a heartwarming book featuring 365 kindness-focused actions. With beautifully whimsical illustrations by artist Jutta Kuss, this book shows how small acts can make a big difference. When Action Follows Heart was inspired by the Kindness Project, a monthly column in the magazine that highlights good deeds and everyday kindnesses from Woman’s Day readers from all over. The idea behind it is simple: to showcase readers’ kind acts toward others. Whether it’s bringing a box of doughnuts to a fire station, yielding a parking space to the other person vying for it, collecting blankets for the homeless, or even sharing a smile —these acts are sure to make your world a little brighter. Full of practical advice; uplifting stories; and inspirational quotations, this book is a must-have for anyone looking to bring positivity and joy into their lives —and the lives of others.

Secret Kindness Agents was a featured segment on the Hallmark Channel airing of The Christmas Train in December 2017. Moved by the Sandy Hook

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Elementary School tragedy, Ferial Pearson wondered if a simple act of kindness could change a life. She thought of the school where she taught and the students she guided every day and wondered, what would happen if we started secretly carrying out small acts of kindness in school? Could a modest act of compassion really change the course of a life? She posed the question to her students. They didn't have the answers but they were willing to find out. So they became the Secret Kindness Agents. They not only changed the lives of those they met, they changed their own. Their hope, their hearts, and their hunger for happiness will inspire you to change your small corner of the world, in your own way, for the better. Let them show you how they did it, and how you can do the same. This program has been implemented in over 350 schools across the country.

Produced in partnership with the nonprofit organization kindness.org, Be Kind emboldens you to try an act of kindness every week for a year, benefiting others and yourself while deepening connections in your community. Each of the 52 weeks of kindness includes a dose of inspiration (a story about when a small act of kindness, an authentic personal gratitude letter that had a big impact, a Q&A, or a quote from a notable thinker); a fascinating statistic or fact about kindness that has been researched by Kindlab, the research arm of kindness.org (e.g. Kindness improves the well-being of both the giver and the receiver.); and a

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suggestion for an act of kindness to do in one of the following areas: Kindness toward those around you (service workers, colleagues, neighbors) Kindness to self Kindness with kids Kindness as a group Kindness to the environment Cyber-kindness Fully illustrated, engaging, and inspiring, Be Kind will have you changing not only yourself and your communities, but also the world, one week at a time.

Raise a smiling, caring, and kind child who truly cares for the people around him. Being kind and attentive to others is your child's passport to a lifetime of mental health and success. This compelling story highlights the true power of kindness and how a simple smile can bring positivity and happiness to an entire town. This book emphasizes the importance of looking at the bright side of any experience and highlights the positive outcomes it can bring. This inspiring tale tells the story of a young boy named Kyle who one day, out on a walk with his mother, offers his beaming smile to a sad stranger who immediately smiles back. Later that day, the same stranger makes the mighty decision to pay it forward to his former teacher which causes a domino effect of positivity from there. Follow Kyle on his adventure to spread positivity and happiness with a single smile and see how it brings joy to those around him. Will this circle of good deeds continue forever? How many people will be affected by Kyle's smile? Will Kyle's smile once again

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start a new circle? Will the circle of good deeds come back to find him? Can Kyle's smile make the world a better place? This book will help your children see the endless power that they hold in their very own hands - while being attentive to their environment. This book will encourage your children to offer their smile or some other small, but very significant gesture, to the people around them - especially in their time of need. This book also demonstrates what comes around, does in fact, goes around in very unique and unpredictable ways, as the saying goes: "Smile to the world and the world will smile back to you". Research shows that people who often smile will also benefit from better health and increased longevity while also achieving more in life. The lesson of this book is best expressed in this inspirational quote by Leo Buscaglia. "Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around." Kyle's Smile is a charming and compelling story to read before bedtime, with the whole family, or as self-reading for older children. So if you see someone without a smile, give them one of yours!

"When one child reaches out in friendship to a classmate who seems lonely, she begins a chain reaction of kindness that ripples throughout her school and her community"--

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A thoughtful picture book illustrating the power of small acts of kindness, from the award-winning author of *Sophie's Squash*.

A New York Times Bestseller For Lady Gaga, kindness is the driving force behind everything she says and does. The quiet power of kindness can change the way we view one another, our communities, and even ourselves. She embodies this mission, and through her work, brings more kindness into our world every single day. Lady Gaga has always believed in the importance of being yourself, being kind to yourself, and being kind to others, no matter who they are or where they come from. With that sentiment in mind, she and her mother, Cynthia Germanotta, founded Born This Way Foundation, a nonprofit organization dedicated to making the world a kinder and braver place. Through the years, they've collected stories of kindness, bravery and resilience from young people all over the world, proving that kindness truly is the universal language. And now, we invite you to read these stories and follow along as each and every young author finds their voice just as Lady Gaga has found hers. Within these pages, you'll meet young changemakers who found their inner strength, who prevailed in the face of bullies, who started their own social movements, who decided to break through the mental health stigma and share how they felt, who created safe spaces for LGBTQ+ youth, and who have

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embraced kindness with every fiber of their being by helping others without the expectation of anything in return. In one story, you'll read about a young person with an autoimmune disease, who after being bullied at school, learned how to practice self-love and started an organization with the mission of educating others about the importance of self-love, too; and in another story, you'll meet a young person who decided to start a movement to help eliminate the stigma surrounding mental health and encouraged others to talk about their feelings openly and honestly, a reminder that kindness and mental wellness go hand in hand. Not only were we moved by these individual acts of kindness, but we were also touched by the many stories of organizations, neighborhoods, and entire communities that fully dedicated themselves to helping those in need and found new, innovative ways to make our world a kinder and braver place. Individually and collectively, these stories prove that kindness not only saves lives but builds community. Kindness is inclusion, it is pride, it is empathy, it is compassion, it is self-respect and it is the guiding light to love. Kindness is always transformational, and its never-ending ripples result in even more kind acts that can change our lives, our communities, and our world.

An all-new volume of inspirational true stories, thoughtful quotations, and ways to practice kindness and generosity every day. When Random Acts of Kindness

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was first published in 1993, it inspired a movement that culminated with Congress declaring a National Random Acts of Kindness Week. The Editors at Conari Press were flooded with heartwarming stories about acts of kindness from people all over the country. This book is packed with stories from people who have observed or engaged in random acts of kindness, and their stories serve as motivation for more of us to go out and be a force for good. Kindness inspires kindness—this is the magic fueling the movement. Not only is this book full of amazing true stories of everyday kindnesses, it also shares thoughtful quotes to provide some extra inspiration for the journey. Open up this sequel to Random Acts of Kindness and learn more about: How people from every imaginable background have witnessed and practiced kindness  
The difference that one act of kindness can make  
Ways to go out and be a source of generosity and love  
One small act of kindness can change the world. From esteemed bullying expert and author of *The Invisible Boy*, Trudy Ludwig and Little Elliot illustrator Mike Curato comes a tale as simple--and simply inspiring--as the golden rule. When one child reaches out in friendship to a classmate who seems lonely, she begins a chain reaction of kindness that ripples throughout her school and her community. One kind act begets another, small good deeds make way for bigger ones, and eventually the whole neighborhood comes together to build something much greater than the sum of its parts. From

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acclaimed bullying expert Trudy Ludwig, *The Power of One* not only conveys a message of kindness, it offers concrete steps that kids can take to make a difference in their own communities. As Trudy says in the final line of the book: "Acts and words of kindness DO count, and it all starts with ONE."

Have we ever needed kindness more? Learn which ways of acting, speaking, and thinking will improve your relationships and make the greatest difference for your life. "This book has the potential to change the emotional climate of our culture."—Gary Chapman, New York Times bestselling author of *The Five Love Languages* Think of your toughest relationship. Think of a relationship that is good but could be great. Think of a group of people that drives you nuts. You want to show more kindness and generosity, but sometimes you're just tired, stretched, and frustrated. Besides, would small actions make that big a difference? Yes! After years of extensive research, Shaunti Feldhahn has concluded that kindness is a superpower. It can change any relationship, make your life easier and better, and transform our culture. But how does it work? And how can you show kindness when you don't feel like it? In *The Kindness Challenge*, Shaunti explores . . .

- Three simple acts that make all the difference in any relationship (with a spouse, child, co-worker, brother-in-law . . .)
- Whether kindness is ever the wrong approach
- The seven ways you may be unkind and never realize it
- Eight types of kindness—and which might be the best fit for you
- Ten sneaky obstacles that get in the way of giving praise
- Practical ways to persevere when kindness is

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tough • How kindness in marriage leads to benefits in the bedroom (yes, really!) • Why your acts of kindness today can help transform the world With self-assessments, day-to-day tips, a 30-day challenge, and specific kindness ideas, The Kindness Challenge can make your toughest relationships better and your good relationships great—starting today.

In his bestselling book *Join Me*, Danny Wallace instructs his legions of followers to perform a 'Random Act of Kindness' every Friday. As a result, his thousands of followers (dubbed the Karma Army), without warning, made people happier the length and breadth of the country. Now in *Random Acts of Kindness* Danny and the gang bring you a hilarious, inspirational book to encourage you to perform Random Acts of your own. 'Now, at last, the secret to a happier world! You have the power to make it a nicer place! All over the planet, thousands of people just like you are performing Random Acts of Kindness for complete strangers- Buy an old lady a hat! Give a policeman a helium balloon! Pat a dog! Hand a stranger your umbrella! Applaud a lady who's clearly made an effort! This book contains 365 real Random Acts of Kindness real people have done for real strangers- so read it, learn it, and start making your world the nicer place, today!'

*Random Acts of Kindness ? Inspirational Stories* Make a commitment to spread kindness wherever you go. Being kind doesn't cost anything, but it can mean the world to those around you. What if all of a sudden everyone started performing daily good

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deeds? This inspiring collection presents true stories of people who've committed, received, and observed voluntary acts of kindness. Hearing their stories reveals how these simple, small acts of goodness can have a profoundly positive effect in the world. The true stories, thoughtful quotations, and suggestions for generosity in this book will inspire you to live more compassionately and be a kinder person. Join the kindness movement. In 1995, a small group of people at Conari Press, including M.J. Ryan, Will Glennon, and Dawna Markova, came together around the idea that small gestures and simple acts can make a difference in people's lives. Thus, Random Acts of Kindness was born, but they had no idea how big this little idea would become. Soon, instead of the usual two or three letters from readers, they were getting bags of mail from readers submitting their own acts of kindness and stories of compassion. Now, twenty-five years later, over one million copies have been sold and it is a worldwide movement, with National Random Acts of Kindness Week, celebrated each February. An inspirational gift of kind words. Sometimes the smallest gesture makes the biggest difference. This little book shows how to start--with the small, with the particular, with the individual--in order to make a difference in the world. It features: True stories about acts of kindness and generosity of spirit Suggestions for living more compassionately Inspirational quotes to get you started Readers of motivational books and stories like Chicken Soup for the Soul: Random Acts of Kindness, A Pebble for Your Thoughts, I've Been Thinking..., or You Can Do All Things will love the encouraging, inspirational

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stories in Random Acts of Kindness.

In a society such as ours, when doing good is the stuff of legend and hagiography, Freedman's meticulous description of the constant struggle to be a good person and to do good for others is refreshing and bracing. It shows how good can triumph in spite of everything and should serve as an inspiration to all of us who would also wish to be good people and do good unto others.

**WINNER OF A CORETTA SCOTT KING HONOR AND THE JANE ADDAMS PEACE AWARD!** Each kindness makes the world a little better This unforgettable book is written and illustrated by the award-winning team that created *The Other Side* and the Caldecott Honor winner *Coming On Home Soon*. With its powerful anti-bullying message and striking art, it will resonate with readers long after they've put it down. Chloe and her friends won't play with the new girl, Maya. Every time Maya tries to join Chloe and her friends, they reject her. Eventually Maya stops coming to school. When Chloe's teacher gives a lesson about how even small acts of kindness can change the world, Chloe is stung by the lost opportunity for friendship, and thinks about how much better it could have been if she'd shown a little kindness toward Maya.

Teach the importance of goodwill with this impactful picture book with a solid pay-it-forward message to encourage kindness in young children—from the award-winning author of *Excellent Ed* and *Sun! One In a Billion*. It was like a game of tag, with one small act of kindness spreading throughout a small community of kids and teachers

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alike. Award-winning children's book author Stacy McAnulty packs a powerful punch with minimal text, providing a sweet message about all the small ways one can be kind. Illustrator Wendy Leach creates a diverse cast of characters while using color as a visual cue to how kindness is able to spread, even in a small community like a school. Overall, *A Small Kindness* is sure to speak to this new generation of children and their parents.

A little book about kindness and friendship.

Kindness - the little thing that matters most aims to motivate and inspire by showing readers what a difference even a small act of kindness can make.

This Wall Street Journal bestseller, USA Today bestseller and Canadian Book Club Awards winner is filled with true stories about how one small deed can make a world of difference.

"Elegant and wise" (Deepak Chopra), "The most uplifting and life-affirming book in years." (Forbes) Brad Aronson's life changed in an instant when his wife, Mia, was diagnosed with leukemia. After her diagnosis, Brad spent most of the next two and a half years either by her side as she received treatment or trying to shield their five-year-old son, Jack, from the worst of Mia's illness. Amid the stress and despair of waiting for the treatment to work, Brad and Mia were met by an outpouring of kindness from friends, family and even complete strangers. Inspired by the many demonstrations of "humankindness" that supported their family through Mia's recovery, Brad began writing about the people who rescued his family from that dark time, often with the smallest of gestures. But he didn't stop there. Knowing that simple acts of kindness transform lives across the globe every day, he sought out these stories and shares

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some of the best ones here. In *HumanKind*, you'll meet the mentor who changed a child's life with a single lesson in shoe tying, the six-year-old who launched a global kindness movement, the band of seamstress grandmothers who mend clothes for homeless people, and many other heroes. Brad also provides dozens of ways you can make a difference through the simplest words and deeds. You'll discover how buying someone a meal or sharing a little encouragement at the right time can change someone's world, as well as your own. The resource section at the back of the book provides guidance and organizations that will help you channel and amplify your own acts of kindness. Here you'll discover: How you can fund a surgery to cure someone's blindness with a donation of less than \$200. Organizations through which you can provide a birthday gift for a child who otherwise wouldn't receive one. Multiple places where you can send letters of encouragement to support hospitalized kids, lonely seniors, refugees, veterans and others in need. And over fifty more ways you can change a life. *HumanKind* will leave you grateful for what you have and provide a refuge from the negativity that surrounds us. This feel-good book will touch your heart. You'll laugh, you'll cry and you'll be reminded of what really matters. All author royalties go to Big Brothers Big Sisters.

*Easy Handmade Crafts, Treats & Inspirations to Fill the World with Kindness* Brighten the lives of family members, friends or strangers with the fun projects in *Make & Share Random Acts of Kindness*. With nearly 50 beginner and kid-friendly crafts, quick and easy ideas and delicious homemade sweet treats and meals, this book is a unique wealth of inspiration to help you and your family spread love all around. The book features stories about acts of kindness, inspiring quotations and tips like teaching kindness to your kids. Mique Provost—the mom behind the

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popular craft and cooking blog *Thirty Handmade Days*—includes her one-of-a-kind designs and templates to accompany the projects. They are on easy-to-tear-out pages so you can always be ready for an act of kindness on the go. Mique started doing random acts of kindness to celebrate the birthday of her oldest son who has autism. That magical day sparked a tradition in Mique's family and community, and now she invites you to join in the kindness movement with these special activities. With *Make & Share Random Acts of Kindness*, you and your family can make a difference in the lives of others—and have a blast while you do it!

From a simple smile to a soft wave hello, tiny acts of kindness can fly to faraway places . . . then flutter right back into your arms. In *Tiny Acts of Kindness*, author-illustrator Thuy Ha weaves a heartwarming rhythmic tale about the magical powers of kindness.

"Lovely." --Jojo Moyes, author of *Me Before You* and *One Plus One* From the bestselling author of *Lost Dogs* and *Lonely Hearts* comes a delightful, compulsively readable novel about second chances and the magic of letting go... Reeling from her recent divorce, Gina Bellamy suddenly finds herself figuring out how to live on her own. Determined to make a fresh start—with her beloved rescue greyhound by her side—Gina knows drastic measures are in order. First up: throwing away all her possessions except for the one hundred things that mean the most to her. But what items are worth saving? Letters from the only man she's ever loved? A keepsake of the father she never knew? Or a blue glass vase that perfectly captures the light? As she lets go of the past, Gina begins to come to terms with what has happened in her life and discovers that seizing the day is sometimes the only thing to do. And when one decides to do just that...magic happens. Includes an Author Q & A

“Deep Kindness reminds us that when we show up in our lives with empathy, compassion, and

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love, our world changes for the better.” —Leon Logothetis, bestselling author of *The Kindness Diaries* Spread meaningful kindness in your everyday life with this essential guidebook to making the world a kinder, more accepting place. Practicing kindness is an essential step in helping to repair a world that has grown to be more divisive, lonely, and anxious than ever. But with quotes like, “Just be kind” or, “Throw kindness around like confetti,” we’ve oversimplified what it takes to actually demonstrate kindness in a world crying out for it. *Deep Kindness* pairs anecdotes with actions that can make real change in our own lives, the lives of others, and throughout the world. Diving into the types of kindness the world needs most today, this book takes an honest look at the gap between our belief in kindness and our ability to practice it well—and shows us how to put intention into action. Exploring everything from the empathy gap to the skill of emotional regulation, *Deep Kindness* is perfect for anyone who believes in a kinder world and recognizes that there is a lot of work to do before we achieve it.

Practice kindness every day with these easy, accessible activities that range from helping the elderly to supporting animal welfare to protecting the local environment. In *Simple Acts of Kindness*, you’ll discover many ways to bring help and happiness to those around you, including: -Calling your elderly relatives just to say hello -Bringing a box of doughnuts to the office to share with your coworkers -Thanking your driver as you get off the bus These simple activities make it easy to be kinder every day and provide support to those who need it most. With this book in hand, you can easily make a positive difference in today’s society.

*Best of the Inspirational Stories That Triggered a Kindness Movement* True stories, thoughtful quotations and suggestions to inspire readers to live more compassionately. Experience a book-inspired phenomenon. The unprecedented success of *Random Acts of Kindness* not only

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inspired many individuals to be kinder, but also led Congress to declare a National Random Acts of Kindness Week in February 1995. The inspiration for the kindness movement, the book *Random Acts of Kindness*, is an antidote for a weary world. Its true stories, thoughtful quotations, and suggestions for generosity should inspire you to live more compassionately and be a kinder person. Own the special gift edition. This collection of the "best of the Random Acts" series includes stories of men, women, and children who've reached out to perform acts of kindness that brighten days, improve lives, and sometimes even save others. What if all of a sudden everyone started performing good deeds every day? This inspiring collection presents many true stories of people who've committed, received, and observed voluntary acts of kindness. Hearing their stories reveals how these simple, small acts of goodness can have a profoundly positive effect in the world. This beautiful new edition also includes hundreds of new ideas that readers can use to perform their own random acts and celebrate kindness. Readers of motivational books and stories like *Chicken Soup for the Soul: Random Acts of Kindness*, *A Pebble for Your Thoughts, I've Been Thinking...*, and *You Can Do All Things* will love the encouraging, inspirational stories in *Random Acts of Kindness: An Illustrated Celebration*. One girl's simple act of kindness causes ripples in her community in this witty, heartwarming story about paying it forward The day after a mighty storm, a little girl finds a sea star that has washed up on shore, and she returns it to the ocean. Seeing her small act of kindness, an old man heads to an animal shelter with his grandson to pick a dog in need of a home. His grandson feels inspired to help an elderly woman clean up her yard, which inspires a teenager to pack an extra lunch for someone in need, and on and on until each small gesture builds toward a magnificent conclusion. Full of humor, heart, and proof of the generosity that we all

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have inside of us, Christian Trimmer and Kaylani Juanita's story is a welcome reminder: It's the little things that make a big difference.

Teach your children the power of Kindness, one of the most important skills a child can learn. Are you one of 90 percent of parents, saying that their top priorities for their kids is to be caring? This makes sense: Kindness and concern for others are held as moral virtues in nearly every society and every major religion. The best social-emotional learning (SEL) book for raising kind children. This charming story with peaceful rhymes and colorful illustrations will explain to your child that it is okay to make a mistake and say I'm sorry. Lucas will teach your child good manners and positive behaviour at home, at school, in the store, and on the playground. Kids learn best by example. With the perfect examples, this book offers, your child will have more understanding for others, accept diversity, thrive in a multicultural and inclusive environment, and show more empathy. Throughout the story, little superhero Lucas will learn what kindness means and understand what it is like to be kind, sensitive, caring, and generous. Awards & Recognition #1 Amazon Bestseller in Children's Books on Manners (UK) #1 Amazon Bestseller in Children's Books on Tolerance (UK) Updated on September 2020 Practice Random Acts of Kindness. Also included are Acts of Kindness Cards to promote empathy and kindness. --- Kindness is something you can quickly learn: when you give and ask for nothing in return. Helping others is the least you can do. If you are kind, kindness will come back to you. --- "Kindness is my Superpower" is the first book from My Superpower Series - the growth mindset books for kids, suitable for all ages. We warmly recommend it to parents, teachers, and anyone who works with children.

What can you do to make the world a better place? Libby and her husband Jason have moved

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back to his hometown to turn the family B&B into a boutique hotel. They have left London behind and all the memories - good and bad - that went with it. The injured woman Libby finds lying in the remote country road has lost her memory. She doesn't know why she came to be there, and no one seems to be looking for her. When Libby offers to take her in, this one small act of kindness sets in motion a chain of events that will change many people's lives . . . The personal, life-affirming stories of real people comprise this inspiring collection of antidotes to a weary world. Includes quotes from such figures as Mother Teresa, the Dalai Lama, and Ralph Waldo Emerson, among others. A delightful book that will inspire you to remake the world, one small act at a time.

A picture book for young children based on Susan Salidor's song of the same name. The book is meant to empower children to be kind, use loving words and understand how one good deed, one little seed, can multiply and add to the greater good.

This modern allegory inspires taking joyful steps to end hatred and violence. In the playful style of twelfth-century Japanese picture scrolls, Mayumi Oda's art depicts humans as animals who lose their way when their leaders become confused and drawn to violence. It is up to each individual—the frog who plants a garden, the cat who supports an elderly neighbor—to create a better world through simple acts of kindness. This timeless parable for readers of all ages expands upon the idea that we can all become agents of goodness and beauty. Winner of the 2016 Independent Publishers Gold Medal.

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

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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 arms for those who would like to follow in Cohen’s footsteps with their own mitzvahs—no matter how large or how small.

An impactful picture book with a solid pay-it-forward message to encourage kindness in young children by the award-winning author of *Excellent Ed and Sun! One In a Billion*. It was like a game of tag, with one small act of kindness spreading throughout a small community of kids and teachers alike. Award-winning children's book author Stacy McAnulty packs a powerful punch with minimal text, providing a sweet message about all the small ways one can be kind. Illustrator Wendy Leach creates a diverse cast of characters while using color as a visual cue to how kindness is able to spread, even in a small community like a school. Overall, *A Small Kindness* is sure to speak to this new generation of children and their parents.

‘Wonderfully uplifting’ Trisha Ashley It only takes a moment, to change a life for ever...

Illustrates the power of kindness, showing how one small act can have

unexpected effects.

**NATIONAL BESTSELLER** A smart, research-driven case for why optimism, kindness, and strong social networks will help us live to 100. From the day her daughter was born, science journalist Marta Zaraska fretted about what she and her family were eating. She fasted, considered adopting the keto diet, and ran a half-marathon. She bought goji berries and chia seeds and ate organic food. But then her research brought her to read countless scientific papers and to interview dozens of experts in various fields of study, including molecular biochemistry, epidemiology and neuroscience. What Marta discovered shattered her long-held beliefs about aging and longevity. A strong support network of family and friends, she learned, lowers mortality risk by about 45 percent, while exercise only lowers it by about 23 percent. Volunteering your free time lowers it by 22 percent or so, while certain health fads like turmeric haven't been shown to help at all. These revelations led Marta Zaraska to a simple conclusion: In addition to healthy nutrition and physical activity, deepening friendships, practicing empathy and contemplating your purpose in life can improve your lifespan. Through eleven chapters that take her around the world, from catching wild mice in the woods of central England to flower arranging with octogenarians in Japan, from laboratories to "hugging centres," Marta embarks on an absorbing, entertaining

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and insightful journey to determine the habits that will have the greatest impact on our longevity. Deeply researched and expertly reported, *Growing Young* will dramatically change the way you seek a longer, happier life.

Random or otherwise, acts of kindness and generosity are essential to making our world a better place. A celebration of humanity at its best, author and motivational speaker Rhonda Sciortino inspires and delivers in *Acts of Kindness*, a powerful little book, rich with love. Through the simplest act of kindness, all of our lives are improved. Genuine human sentiment is best expressed through helping others, in ways big and small. It enables us to rely on one another for strength and happiness. But in the confusion and chaos of the modern world, even small acts of kindness are often overlooked and ignored. *Acts of Kindness* shines a spotlight on the best that humanity has to offer, one good deed at a time.

When Cade and his family learn their ice cream treats were paid for by another patron, it starts a discussion about random acts of kindness and what it means to "pay it forward." Cade really likes the idea until his dad wants him to donate a few of his favorite toys. Can Cade be generous to others if it requires a real sacrifice? The original bestseller that inspired a movement, plus new stories and wisdom from people whose lives it has changed. More than twenty-five years ago, Conari

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Press published *Random Acts of Kindness*, and launched a simple movement—of people being kind to one another in their daily lives. Now the editors of Conari Press have compiled *Random Acts of Kindness Then and Now*, which includes the original book along with new material sourced from Facebook, Twitter, and various other social networks. It combines the best of twenty-first-century crowd-sourced wisdom with the best of twentieth century social activism. The inspiration for the kindness movement, *Random Acts of Kindness* is an antidote for a weary world. Its true stories, thoughtful quotations, and suggestions for generosity inspire readers to live more compassionately in this beautiful new edition. The original *Random Acts of Kindness* was named a Best Bet for Educators in 2000 by USA Today. This expanded edition can help a whole new generation of readers restore their faith in humanity.

Follow the trail of good deeds in this beautiful wordless picture book to learn how small acts of kindness can make all the difference! When one act of kindness sparks another, anything is possible! As a girl searches for her lost dog, a simple act of generosity ripples into a wave of good deeds. In the course of a single day, each considerate action weaves lives together and transforms a neighborhood for the better. This wordless story, told in beautiful illustrations reminiscent of a graphic novel, demonstrates how every little kindness, shared from person to

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person, can turn a collection of strangers into a community, and—even though we might not always see it—make the world a more vibrant and compassionate place to be. **SHOWS CHILDREN WHY KINDNESS MATTERS:** By demonstrating how each kind act leads to another, this heartfelt book shares an important message with children that even small actions can have a big effect. **EASY TO FOLLOW:** Told entirely in wordless illustrations with pops of color for every good deed, anyone can enjoy following this simple yet powerful story and appreciate the wisdom it shares. **INCLUSIVE CAST OF CHARACTERS:** This book features characters of all ages, ethnicities, and backgrounds, showing how a diverse community comes together to care for one another. **INTERNATIONAL PERSPECTIVE:** Created by award-winning Slovenian artist Marta Bartolj, this story offers a perspective on kindness that resonates in any country. Perfect for:

- Parents
- Educators
- Fans of wordless picture books

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