



**THE KINDNESS
HANDBOOK**
A Practical Companion

Sharon Salzberg

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THE KINDNESS HANDBOOK A Practical Companion

Why is it that kindness seems so hard to give precisely when it's needed most? With *The Kindness Handbook*, bestselling author and renowned meditation instructor Sharon Salzberg answers this question and more in her practical companion to inspire generosity of the spirit in any life situation.

Just as cruelty can ravage lives and trample hope, kindness can be the quality we choose to steer our lives, teaches Salzberg. "Kindness is the fuel that will help you 'walk your talk' of love—daily." Whether you're deciding what to do when a plane is hours late, your friend is unhappy and you just can't seem to help, someone criticizes you, or you and your partner can't communicate, her gentle guidebook will help you respond to another—or even yourself—in a genuinely loving way.

It has been said that kindness is "compassion in action." But kindness is not just about "being nice." To Sharon Salzberg, it's a profound spiritual practice. *The Kindness Handbook* is an important resource for anyone wondering how to cultivate an open heart, empathy, and inner peace—every day.

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Sharon Salzberg has been leading meditation retreats worldwide since 1974. Influenced by her 35 years of study with Buddhist masters from a variety of traditions, she teaches intensive awareness practice ("insight" meditation) and the profound cultivation of lovingkindness and compassion. She is the co-founder of the Insight Meditation Society and the Barre Center for Buddhist Studies, both in Massachusetts. Salzberg is the author of several books, including *The Force of Kindness* (Sounds True, 2005), *Faith* (Riverhead, 2003), *Lovingkindness* (Shambhala, 2008), and *A Heart As Wide as the World* (Shambhala, 1999), and the Sounds True audio programs *Insight Meditation* (2004) with Joseph Goldstein and *Lovingkindness Meditation* (2004). She lives in New York City and Barre, Massachusetts.

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