



**THE KINDNESS
HANDBOOK**
A Practical Companion

Sharon Salzberg

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Interview Questions for Sharon Salzberg

- What does kindness have to do with being happy?
- Why is kindness a courageous act?
- It's usually easy to be kind to those we love. But how can we be kind with people we find difficult?
- What is lovingkindness meditation? Is it just for Buddhists?
- How does lovingkindness meditation harness the power of intention?
- Why is self-kindness important? Why is it so difficult for many of us to care for ourselves or believe we deserve to be happy?
- You say that compassion allows us to use our own pain and the pain of others as a vehicle for connection. How so?
- How do fear and guilt disguise themselves as compassion?
- Why is it so hard to rejoice in the happiness of others? What happens when we do?
- What is equanimity? How is it connected to kindness?
- How can kindness help us break free of habitual reactions in undesired situations?
- Why is it so easy to be dissatisfied with where we are?
- What does it mean to "delight in goodness"?
- You say that "love is an ability." How does this viewpoint support practicing kindness?

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