



**THE KINDNESS  
HANDBOOK**  
A Practical Companion

**Sharon Salzberg**

**Hardcover**

**5 1/2" x 8 1/4" / 128 Pages**

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## **THE KINDNESS HANDBOOK**

### **“Cultivating Kindness”**

### **Quotes from Sharon Salzberg**

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- As I go through all kinds of feelings and experiences in my journey through life — delight, surprise, chagrin, dismay — I hold this question as a guiding light: “What do I really need right now to be happy?” What I come to over and over again is that only qualities as vast and deep as love, connection, and kindness will really make me happy in any sort of enduring way.
- With our actions every day, and by being our truest self, we are a conduit of possibility for others. Just by living the best lives we can, the kindest, the most compassionate, we have done something to sustain and illuminate a path to freedom.
- We have an incredible capacity to wake up, to move through hesitations and patterns of withdrawal, to reach out to others and allow them to reach out to us. We have the ability to remember kindness as the genuine force of happiness that it is, no matter what circumstance we find ourselves in.
- It takes boldness, even audacity, to step out of our habitual patterns and experiment with a quality like kindness — to work with it and see just how it might shift and open up our lives.
- Balance seems to be the key to a life of kindness, a life that sustains our own flourishing alongside whatever contribution we can make to the well-being of others. We need to have a healthy sense of boundaries. We need to remember self-care and the power of joy.
- As an ability, love is always there as a potential, ready to flourish and help our lives flourish. As we go up and down in life, as we acquire or lose, as we are showered with praise or unfairly blamed, always within there is the ability of love, recognized or not, given life or not.
- Compassion allows us to use our own pain and the pain of others as a vehicle for connection. This is a delicate and profound path.
- Vulnerability in the face of constant change is what we share, whatever our present condition. If we remember that even people who have more than us suffer, we will feel closer to them.
- The realization that we are all capable of so much is essential to our development in any endeavor, in our flourishing as full human beings. This calling forth of confident effort is the teaching of personal empowerment, of faith in ourselves.



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- We practice generosity with others and with ourselves, over and over again, and the power of it begins to grow until it becomes almost like a waterfall, a flow. We practice kindness with others and ourselves, over and over again, and this is who we become, this is what feels most natural.
- Through paying attention we learn that even when we don't especially know or like someone, we are nonetheless in relationship to them. We come to realize that this relatedness is in itself like a vibrant, changing, living entity. We discover the gift of caring, of tending to this force of life that exists between us, and we are immeasurably enriched by that.
- If, in times of suffering, we can still recognize the ties we have to others — that we all are vulnerable to pain and loss, whatever our present circumstances are, that we are still held by the flow of life itself even in our unhappiness, that in truth we are not cut off and alone — this power of connection awakens our love and the motivating force of kindness.
- Lovingkindness for those we find difficult is not about forsaking oneself, or acting as if everything is nice and everything that has ever happened is just fine — very likely, a lot of it is not fine at all. But, out of compassion for ourselves and out of real respect for what we are capable of in terms of a boundless heart, we practice.
- Sometimes kindness takes the form of stepping aside, letting go of our need to be right, and just being happy for someone.
- Rigidly categorizing those we encounter as good or bad or perfect or beneath contempt helps us feel secure. But if we look around, we realize that relating in that way doesn't allow us to really connect to anyone, and we actually feel terribly alone
- Compassion is the trembling or the quivering of the heart in response to suffering. Equanimity is a spacious stillness that can accept things as they are. The balance of compassion and equanimity allows us to care, and yet not get overwhelmed and unable to cope because of that caring.
- We can imagine a world based on love instead of hate; we can beckon a day where our own happiness and the happiness of others are seen as one, through the power of kindness. Holding this immense vision, we center our attention in the step-by-step work of making it real.

CONTACT: Beverly Yates  
303-665-3151 ext. 153  
publicity@soundstrue.com

Sounds True  
413 South Arthur Avenue / Louisville, CO / 80027  
www.soundstrue.com