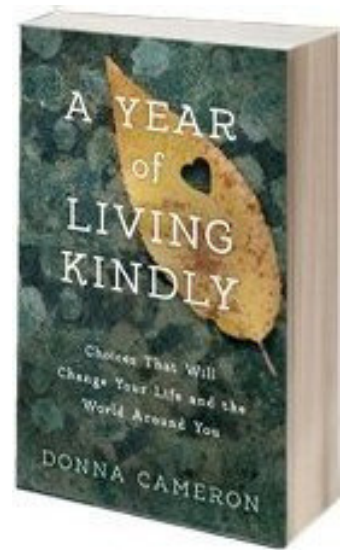


A Year of Living Kindly

Choices That Will Change Your Life
and the World Around You



Donna Cameron



Want to change your life and also change the world? It begins with choosing kindness. Today, when incivility has reached epidemic proportions, many people are wondering if this is the new normal. It doesn't have to be. Kindness is the best antidote and it's also a prescription for greater health, happiness, and success. In committing to *A Year of Living Kindly*, Donna Cameron learned what a kind life entails and what gets in the way of it. She shows how we can overcome the barriers that impede both giving and receiving kindness.

In these pages you'll see how a commitment to kindness will improve your life in countless ways, and ultimately can be world-changing. You'll discover:

- Why choosing kindness is good for you
- Why extending and receiving kindness are often difficult
- What the barriers are to kindness and how to overcome them
- What to do when you're faced with unkindness and incivility
- How kindness is a strength that brings peace and happiness

About the Author:

Donna Cameron has spent her career working with nonprofit organizations and causes, where she has seen kindness in action and been awed by its power to transform. While she considered herself a reasonably nice person (with occasional lapses into crankiness), she knew that true kindness was a step above. When she committed to *A Year of Living Kindly*, she learned that it takes practice, patience, and understanding . . . and a sense of humor helps, too.



*Here are just some of the awards **A Year of Living Kindly** has earned:*



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The Reviews Are In!

"Cameron knows how to captivate an audience; her prose is, by turns, humorous, astute, logical, eloquent, and sincere. ... engaging enough to read quickly but profound enough to savor slowly."

~Kirkus Reviews (starred review, named by Kirkus a Best Book of 2018)



"...an extraordinary and timely contribution in these troubled times ... Inspired and inspiring..."

~Midwest Book Review

"Frankly, the world needs this book right now. ... For anyone who is frustrated at the lack of kindness in the world these days—or for anyone who has become desensitized to it—*A Year of Living Kindly* is a must-read. It's a sledgehammer to indifference and resignation, and a reminder that being kind doesn't mean being weak."

~Independent Publisher Magazine

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