Kindness: Change Your Life and Make the World a Kinder Place

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By Gill Hasson

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“Have the power to make the world a nicer place!”

With the hectic pace of everyday life making it easy to get wrapped up in our own lives and forget each other, best-selling author and personal development expert Gill Hasson’s latest book explains how kindness is an all-important human connection that makes life really worth living.

When you step out of your own life and take more notice of what's happening in other people’s, opportunities to be kind present themselves every day, and Kindness: Change Your Life and Make the World a Kinder Place helps readers understand how to spot them and make a positive difference.

Split into two parts - ‘Being Kind to Others’ and ‘Being Kind to Yourself’ - the book shows readers how to rediscover their worth, boost confidence and make the world a better place using nothing but the power of being kind.

Kindness can be a grand gesture, or something as simple as a smile. Packed with tips, ideas, recommendations and advice, this book helps readers understand the fundamental truth that kindness does not require wealth or possessions, or material giving at all — whatever you have to offer is enough, and it may just change someone’s life.

As Hasson says: “Being kind - being aware of, and doing something nice to benefit, someone else - can make both you and the person you are helping feel good. There need be no reason to be kind other than to make someone else smile, or be happier, but acts of kindness can also enable others to feel respected and included; to feel that they are connected to others, that they belong and are appreciated.”

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Kindness by Gill Hasson will be available wherever books and ebooks are sold, priced £10.99.

About the author:

Gill Hasson is a careers coach with over 20 years’ experience in the areas of personal & career development. She is also a teacher for mental health organisations, and delivers training for adult education organisations, voluntary and business organizations and the public sector. She is the bestselling author of a number of books on personal wellbeing, including Mindfulness, Mindfulness Pocketbook, How To Deal With Difficult People, Emotional Intelligence, Emotional Intelligence Pocketbook, Overcoming Anxiety, Confidence Pocketbook, Positive Thinking and Declutter Your Life.