



Everyday Kindness: Shortcuts to a Happier and More Confident Life

Stephanie Dowrick

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The internationally renowned author of *Choosing Happiness* shows how a little bit of everyday kindness can help us tackle the pressures of the modern world—providing the insights, reassurance, and the means to worry far less and enjoy life more.

Change your life with Everyday Kindness.

Virtually every moment of our greatest well-being reflects the giving and receiving of kindness. At home, work, and in the wider world, there are countless opportunities when a moment of consideration or kindness—given or received—will transform your day. Whether it is a hard time to be endured or a wonderful time to be shared and celebrated, it's our willingness to think well of ourselves and act kindly toward others that makes all the difference.

In this intimate, deeply encouraging book, author Stephanie Dowrick takes kindness as her inspiration and theme and shows us how to bring the practice of kindness into our daily lives. This simple act, Dowrick illustrates, is vital in helping us grow in self-confidence and appreciation, make the best choices to support our physical and emotional well-being, find pleasure in our work and in our relationships, and experience more authentic love. **Everyday Kindness** provides the reader with the spiritual and psychological tools to make a calmer, happier, and more rewarding life immediately possible.



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