



Kindness: The Little Thing that Matters Most

Jaime Thurston, David R. Hamilton (Foreword), Debbie Powell (Illustrator)

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Kindness: The Little Thing that Matters Most most aims to motivate and inspire by showing readers what a difference even a small act of kindness can make.

It uses the voices of those who have been helped by the author's charity – 52 Lives – to ground the ideas in real life action. The book is themed around 52 simple actions you can do to spread kindness. Interspersed throughout are nuggets of science explaining the positive effect kindness has on the brain and on the heart. This book is a call to action for people to live a more connected, fulfilling life. With inspirational quotes and personal stories this book will give you all the motivation you need to start spreading a little kindness – it's free afterall! Learn to live a life of kindness by following Jaime's infectious positivity in this charming gift book.

Here are some examples:

- Be a Seat Vigilante
- Be Kind to Unkind People
- Go High
- Give Away a Minute
- Embrace Curiosity

Kindness: The Little Thing that Matters Most Details

Date : Published September 7th 2017 by Harper Thorsons

ISBN : 9780008252847

Author : Jaime Thurston , David R. Hamilton (Foreword) , Debbie Powell (Illustrator)

Format : Hardcover 224 pages

Genre : Nonfiction, Self Help, Reference, Psychology, Audiobook



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From Reader Review Kindness: The Little Thing that Matters Most for online ebook

Nadira says

“When someone is unkind to you, it’s tempting to stoop to their level. But much like Kindness breeds Kindness, Hate breeds Hate.”

#NadirasPointOfReview: {Kindness: The little thing that matters most} by Jaime Thurston – Founder of 52 Lives.

Such a beautiful book in an equally beautiful outer cover!

The author is the founder of a charity organization called 52 Lives. Their objective is to spread kindness to 52 lives in a year – one life a week. This book revolves around the same idea and is themed around 52 ideas and simple actions one can do to spread kindness. The book has voices of real-life people who were helped by 52 Lives. It also has scientific tidbits that explain how showing kindness has tangible effects on the brain and heart.

The book is very highly inspiring with the quotes and personal stories. It has really made me change myself in some small ways and has inspired me to do lots more. It shows how an ordinary person can make the world of a difference to another with very simple, cost-effective ideas. It doesn't have to be complex or time-consuming nor expensive. The book is so cute and compact-sized and yet it doesn't feel like a small book. Pages seem to go on and on – in a good way! The illustrations, colors inside-out are simply gorgeous. You would want to toy with it all day long.

A stunner of a book to gift to others! Pick it up for Christmas and gift away! No better way or time to be kind! :)

5-stars!

Thank you @HarperCollinsUK for gifting me this book!

Gem ~ Bee says

Inspiring book with gorgeously decorated pages that instantly put a smile on your face and fill your heart. Gratifying and humbling to read experiences where kindness made a difference and many ideas on where we can all spread a little around every day.

Jane says

This is a beautiful book. Full of 52 ideas of how to be kinder. Beautifully illustrated. Lovely thoughts and quotes.

It was a loan from a friend and I appreciate her kindness in seeing I'd like and benefit from it.

Kristjan Keres says

Beautifully designed, little book of kindness! Has 52 simple ideas how one could have more kindness, and therefore, more well-being, gratitude, love and happiness in the life.

About a 2-hour read, but it is that perfect little book you want to have on your shelf for those "inspire-me" moments.

Zarina says

After The Little Book of Hygge and The Little Book of Lykke I've become a little (ha, see what I did there?!?) addicted to beautifully designed, compact hardcover books filled with inspiring words or a happier life and better world. Kindness perfectly fits into this category, as it contains 52 ideas (one for each week of the year) to spread kindness to others in some very simple ways. From truly listening (rather than interrupting) and apologising (and really meaning it) to setting up an online wish list for a person in need, or sharing encouraging words to someone who is having a hard time. These 52 ideas are intertwined with real-life examples of similar projects or things that have made a real difference, from strangers sending encouraging video messages to a young boy who was being bullied to donating shoes to schools. The key for all of these projects is that it doesn't have to be time intensive or expensive to help someone else, but just a minute each day or a more conscious approach to a situation can already be the first ripple in creating a kinder world. This book is a stunner inside and out, and the inspiration we all need in the world right now.

Miss S J Hennessy says

Cute

Simona says

So INSPIRATIONAL!!!! #KindnessMatters

Sabina says

Cudowna ksi??ka.

Pokazuje ile kilka dobrych s?ów, kilka drobnych gestów potrafi zrobi? dla nas samych i dla innych. Nieraz nawet zmieni? ?ycie. Je?li wi?cej osób stosowa?oby wskazówk? z tej ksi??ki, ?wiat by?by zdecydowanie lepszy.

Lost In My Books says

Przyjemna, m?dra i motywuj?ca do bycia lepszym dla innych. Polecam. :)

Suze Lavender says

Jaime Thurston is the founder of 52 Lives, a charity that spreads kindness to someone every week of the year. In Kindness - The Little Thing That Matters Most she shows her readers how they can be kind, it doesn't take much effort to be kind to others and to yourself and it's incredibly rewarding. She divides her book in 52 different easy to achieve actions that anyone can accomplish. By giving her readers a guideline Jaime Thurston is spreading kindness.

Jaime Thurston has written a wonderful book about kindness. I loved that she gives her readers concrete examples on how they can be kind. There's also scientific information about kindness in the book, which is very interesting. Last, but not least, some amazing 52 Lives experiences are being shared, which shows the beauty behind the project.

Kindness - The Little Thing That Matters Most looks fantastic. The book is colorful, cheerful and very pretty, which gives it a gorgeous positive vibe. It has the exact right atmosphere and that makes it an attractive book to read and to give to someone as a gift. Kindness is important and it's handy to have a guidebook, sometimes knowing where to start can make a huge difference.

Jaime Thurston's writing has a nice easy flow, which enables the reader to focus on the content entirely. Kindness - The Little Thing That Matters Most is a heartwarming book, it looks inviting and welcoming, which is something I absolutely love. The best thing about this book for me though is how inspiring it is. I love how Jaime Thurston motivates people, makes them think, uncovers their potential and shows them how to be their best self. I highly recommend this beautiful book.

Nicola says

This is a lovely book that aims to show the difference that one small act of kindness can make. What I love too is that it shows that an act of kindness does not come with a monetary value. Ask someone how they are, really how they are. Give up your seat on the train. Offer a kind word, be the better person. I really enjoyed this book. It's a quick read with big impact.

Kirsty Stanley says

4.5 stars

Muhammad Ali says

Some really good tips and as the last tip says - Give a copy of this to your loved ones. For parents out there, let's instill the small yet invaluable acts of kindness in our kids and also start doing them habitually ourselves

Livia Winata says

Well, I have finished to read this until the end. Yet I have a plan to really apply each of the acts by doing one by one each week until I can imply kindness mostly in my acts, hopefully. It is one good book for refreshment, enlightenment as well as guidance. For you to be kind, from the smallest act you can do daily.

Jessica Shelley says

After a wonderful day where my faith was re-instored in humanity, I decided to treat myself to this lovely little book on Kindness. It was a perfect way to end a perfect day. Flew through like there was no tomorrow and my head is now full to the brim with ideas on how to spread out kindness to those around me (and even those who are not). Looking forward to putting them to practice! Like the little book of lykke and hygge, I will be turning to flick through these pages again and again in the future. Also, makes for a great coffee table book- as its great for sharing!
