

Born For Love Why Empathy Is Essential And Endangered

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Born for Love

Why Empathy Is Essential--and Endangered Harper Collins

The groundbreaking exploration of the power of empathy by renowned child-psychiatrist Bruce D. Perry, co-author, with Oprah Winfrey, of What Happened to You? Born for Love reveals how and why the brain learns to bond with others—and is a stirring call to protect our children from new threats to their capacity to love. “Empathy, and the ties that bind people into relationships, are key elements of happiness. Born for Love is truly fascinating.” — Gretchen Rubin, author of The Happiness Project From birth, when babies' fingers instinctively cling to those of adults, their bodies and brains seek an intimate connection, a bond made possible by empathy—the ability to love and to share the feelings of others. In this provocative book, psychiatrist Bruce D. Perry and award-winning science journalist Maia Szalavitz interweave research and stories from Perry's practice with cutting-edge scientific studies and historical examples to explain how empathy develops, why it is essential for our development into healthy adults, and how to raise kids with empathy while navigating threats from technological change and other forces in the modern world. Perry and Szalavitz show that compassion underlies the qualities that make society work—trust, altruism, collaboration, love, charity—and how difficulties related to empathy are key factors in social problems such as war, crime, racism, and mental illness. Even physical health, from infectious diseases to heart attacks, is deeply affected by our human connections to one another. As Born for Love reveals, recent changes in technology, child-rearing practices, education, and lifestyles are starting to rob children of necessary human contact and deep relationships—the essential foundation for empathy and a caring, healthy society. Sounding an important warning bell, Born for Love offers practical ideas for combating the negative influences of modern life and fostering positive social change to benefit us all.

Born for Love

Why Empathy Is Essential--and Endangered William Morrow Paperbacks

Uncover the startling importance of empathy From birth, when babies' fingers instinctively cling to those of adults, their bodies and brains seek an intimate connection—a bond made possible by empathy, the remarkable ability to love and to share the feelings of others. In this unforgettable book, award-winning science journalist Maia Szalavitz and renowned child-psychiatrist Bruce D. Perry explain how empathy develops, why it is essential both to human happiness and for a functional society, and how it is threatened in the modern world.

The War for Kindness

Building Empathy in a Fractured World Broadway Books

A Stanford psychologist offers a bold new understanding of empathy, and shows how we can expand our circle of care, even in these divisive times Empathy is in short supply. Isolation and tribalism are rampant. We struggle to understand people who aren't like us, but find it easy to hate them. Studies show that we are less caring than we were even thirty years ago. In 2006, Barack Obama said that the United States is suffering from an

"empathy deficit." Since then, things only seem to have gotten worse. It doesn't have to be this way. In this groundbreaking book, Jamil Zaki argues that empathy is not a fixed trait--something we're born with or not--but rather a skill that we can all strengthen through effort. Drawing on both classic and cutting-edge research, including experiments from his own lab, Zaki shows how we can harness this new mindset to overcome toxic cultural divisions. He also tells the stories of people who are living these principles--fighting for kindness in the most difficult of circumstances. We meet a former neo-Nazi who is now helping extract people from hate groups, ex-prisoners discussing novels with the judge who sentenced them, Washington police officers changing their culture to decrease violence among their ranks, and NICU nurses fine-tuning their empathy so that they don't succumb to burnout. Written with clarity and passion, The War for Kindness is an inspiring call to action. The future may depend on whether we accept the challenge.

The Boy Who Was Raised as a Dog

And Other Stories from a Child Psychiatrist's Notebook -- What Traumatized Children Can Teach Us About Loss, Love, and Healing Basic Books

A renowned psychiatrist reveals how trauma affects children-and outlines the path to recovery "Fascinating and upbeat....Dr. Perry is both a world-class creative scientist and a compassionate therapist." (Mary Pipher, PhD) How does trauma affect a child's mind--and how can that mind recover? In the classic The Boy Who Was Raised as a Dog, Dr. Perry explains what happens to the brains of children exposed to extreme stress and shares their lessons of courage, humanity, and hope. Only when we understand the science of the mind and the power of love and nurturing, can we hope to heal the spirit of even the most wounded child.

The Future of Feeling

Building Empathy in a Tech-Obsessed World Little A

An insightful exploration of what social media, AI, robot technology, and the digital world are doing to our relationships with each other and with ourselves. There's no doubt that technology has made it easier to communicate. It's also easier to shut someone out when we are confronted with online discourse. Why bother to understand strangers--or even acquaintances--when you can troll them, block them, or just click "Unfriend" and never look back? However briefly satisfying that might be, it's also potentially eroding one of our most human traits: empathy. So what does the future look like when something so vital to a peaceful, healthy, and productive society is fading away? The cautionary, yet hopeful, answer is in this champion for an endangered emotion. In The Future of Feeling, Kaitlin Ugolik Phillips shares her own personal stories as well as those of doctors, entrepreneurs, teachers, journalists, and scientists about moving innovation and technology forward without succumbing to isolation. This book is for anyone interested in how our brains work, how they're subtly being rewired to work differently, and what that ultimately means for us as humans.

The Boy Who Was Raised as a Dog

And Other Stories from a Child Psychiatrist's Notebook--What Traumatized Children Can Teach Us About Basic Books

Child psychiatrist Bruce Perry has treated children faced with unimaginable horror: genocide survivors, witnesses, children raised in closets and cages, and victims of family violence. Here he tells their stories of trauma and transformation.

What Women Want--What Men Want

Why the Sexes Still See Love and Commitment So Differently Oxford University Press

Following the work of E. O. Wilson, Desmond Morris, and David Buss, What Women Want--What Men Want offers compelling new evidence about the real reasons behind men's and women's differing sexual psychologies and sheds new light on what men and women look for in a mate, the predicament of marriage in the modern world, the relation between sex and emotion, and many other hotly debated questions. Drawing upon 2000 questionnaires and 200 intimate interviews that show how our sexual psychologies affect everyday decisions, John Townsend argues against the prevailing ideologically correct belief that differences in sexual behavior are "culturally constructed." Townsend shows there are deep-seated desires inherited from our evolutionary past that guide our actions. In a fascinating series of experiments, men and women were asked to indicate preferences for potential mates based on their attractiveness and apparent economic status. Women overwhelmingly preferred expensively dressed men to more attractive but apparently less successful men, and men were clearly inclined to choose more attractive women regardless of their professional status. Townsend's studies also indicate that men are predisposed to value casual sex, whereas women cannot easily separate sexual relations from the need for emotional attachment and economic security. Indeed, wherever men possess sexual alternatives to marriage, and women possess economic alternatives, divorce rates will be high. In the concluding chapter, Townsend draws upon the advice of couples who have maintained their marriages over the years to suggest ways to survive our evolutionary predicament. Lucidly and accessibly written, What Women Want--What Men Want shows us why we are the way we are and brings new clarity to one of the most intractable debates of our time.

I Am Human

A Book of Empathy Abrams

I am human I am a work in progress Striving to be the best version of ME From the picture book dream team behind I Am Yoga and I Am Peace comes

the third book in their wellness series: I Am Human. A hopeful meditation on all the great (and challenging) parts of being human, I Am Human shows that it’s okay to make mistakes while also emphasizing the power of good choices by offering a kind word or smile or by saying “I’m sorry.” At its heart, this picture book is a celebration of empathy and compassion that lifts up the flawed fullness of humanity and encourages children to see themselves as part of one big imperfect family—millions strong.

Empathy

Why It Matters, and How to Get It *Penguin*

Discover the Six Habits of Highly Empathic People A popular speaker and co-founder of The School of Life, Roman Krznaric has traveled the world researching and lecturing on the subject of empathy. In this lively and engaging book, he argues that our brains are wired for social connection. Empathy, not apathy or self-centeredness, is at the heart of who we are. By looking outward and attempting to identify with the experiences of others, Krznaric argues, we can become not only a more equal society, but also a happier and more creative one. Through encounters with groundbreaking actors, activists, designers, nurses, bankers and neuroscientists, Krznaric defines a new breed of adventurer. He presents the six life-enhancing habits of highly empathic people, whose skills enable them to connect with others in extraordinary ways – making themselves, and the world, more truly fulfilled.

Against Empathy

The Case for Rational Compassion *HarperCollins*

New York Post Best Book of 2016 We often think of our capacity to experience the suffering of others as the ultimate source of goodness. Many of our wisest policy-makers, activists, scientists, and philosophers agree that the only problem with empathy is that we don’t have enough of it. Nothing could be farther from the truth, argues Yale researcher Paul Bloom. In AGAINST EMPATHY, Bloom reveals empathy to be one of the leading motivators of inequality and immorality in society. Far from helping us to improve the lives of others, empathy is a capricious and irrational emotion that appeals to our narrow prejudices. It muddles our judgment and, ironically, often leads to cruelty. We are at our best when we are smart enough not to rely on it, but to draw instead upon a more distanced compassion. Basing his argument on groundbreaking scientific findings, Bloom makes the case that some of the worst decisions made by individuals and nations—who to give money to, when to go to war, how to respond to climate change, and who to imprison—are too often motivated by honest, yet misplaced, emotions. With precision and wit, he demonstrates how empathy distorts our judgment in every aspect of our lives, from philanthropy and charity to the justice system; from medical care and education to parenting and marriage. Without empathy, Bloom insists, our decisions would be clearer, fairer, and—yes—ultimately more moral. Brilliantly argued, urgent and humane, AGAINST EMPATHY shows us that, when it comes to both major policy decisions and the choices we make in our everyday lives, limiting our impulse toward empathy is often the most compassionate choice we can make.

The Empathy Effect

Seven Neuroscience-Based Keys for Transforming the Way We Live, Love, Work, and Connect Across Differences *Sounds True*

“We are all connected on a neurobiological level far more than we have previously realized. Consciously or not, we are in constant, natural resonance with one another’s feelings. When we are engaged in shared mind awareness, the possibilities for mutual aid and collaborative problem solving abound.” —Helen Riess, MD A Revolutionary Guide for Understanding and Changing the Way We Connect Empathy is undergoing a new evolution. In a global and interconnected culture, we can no longer afford to identify only with people who seem to be a part of our “tribe.” As Dr. Helen Riess has learned, our capacity for empathy is not just an innate trait—it is also a skill that we can learn and expand. With The Empathy Effect, Dr. Riess presents a definitive resource on empathy: the science behind how it works, new research on how empathy develops from birth to adulthood, and tools for building your capacity to create authentic emotional connection with others in any situation. Dr. Riess emerged as leading researcher on empathy by creating a breakthrough training curriculum now used internationally in health care, business, and education. Drawing from this successful program and the latest science, she presents: • The E.M.P.A.T.H.Y.® method—a powerful seven-step system for understanding and increasing empathy, starting with Eye Contact and ending with Your Response • How empathy works—a comprehensive synthesis emerging from neuroscience, sociology, developmental psychology, and evolutionary theory • Tools for recognizing and promoting empathic behavior in yourself and others • Parenting and teaching empathy in kids—guidance for every stage of development • Texts, emojis, and digital empathy—the modern challenge of authentic connection in the information age • Empathy through art and literature—exploring the power of creative expression to expand our emotional experience • Leading with empathy—how political and business leaders can combine compassion with efficiency through group empathy skills and shared mind intelligence • Digging deep for empathy—how to reverse scapegoating and recognize shared humanity with those we normally keep at a distance • Self-compassion—why your ability to express love toward yourself affects every other relationship in your life “Nourishing empathy lets us help not just ourselves,” says Dr. Riess, “but also everyone we interact with, whether for a moment or a lifetime.” The Empathy Effect is a life-changing book that will revolutionize the way you understand yourself, relate to your loved ones, and connect to every person in your life.

The Compassionate Instinct: The Science of Human Goodness *W. W. Norton & Company*

Leading scientists and science writers reflect on the life-changing, perspective-changing, new science of human goodness. In these pages you will hear from Steven Pinker, who asks, “Why is there peace?”; Robert Sapolsky, who examines violence among primates; Paul Ekman, who talks with the

Dalai Lama about global compassion; Daniel Goleman, who proposes “constructive anger”; and many others. Led by renowned psychologist Dacher Keltner, the Greater Good Science Center, based at the University of California in Berkeley, has been at the forefront of the positive psychology movement, making discoveries about how and why people do good. Four times a year the center publishes its findings with essays on forgiveness, moral inspiration, and everyday ethics in Greater Good magazine. The best of these writings are collected here for the first time. A collection of personal stories and empirical research, The Compassionate Instinct will make you think not only about what it means to be happy and fulfilled but also about what it means to lead an ethical and compassionate life.

Origins

How the Nine Months Before Birth Shape the Rest of Our Lives *Simon and Schuster*

Paul presents an in-depth examination of how personalities are formed by biological, social, and emotional factors.

Radical Empathy

Finding a Path to Bridging Racial Divides *Policy Press*

Renowned political scientist Terri Givens calls for 'radical empathy' in bridging racial diviides to understand the origins of our biases, including internalized oppression. Deftly weaving together her own experiences with the political, she offers practical steps to call out racism and bring about radical social change.

The Empathy Diaries

A Memoir *Penguin*

Winner of the 2021 National Jewish Book Award in Autobiography & Memoir! “A beautiful book... an instant classic of the genre.” —Dwight Garner, New York Times • A New York Times Critics’ Top Book of 2021 • A New York Times Book Review Editors' Choice • Named a Best Nonfiction Book of 2021 by Kirkus MIT psychologist and bestselling author of Reclaiming Conversation and Alone Together, Sherry Turkle's intimate memoir of love and work For decades, Sherry Turkle has shown how we remake ourselves in the mirror of our machines. Here, she illuminates our present search for authentic connection in a time of uncharted challenges. Turkle has spent a career composing an intimate ethnography of our digital world; now, marked by insight, humility, and compassion, we have her own. In this vivid and poignant narrative, Turkle ties together her coming-of-age and her pathbreaking research on technology, empathy, and ethics. Growing up in postwar Brooklyn,Turkle searched for clues to her identity in a house filled with mysteries. She mastered the codes that governed her mother's secretive life. She learned never to ask about her absent scientist father--and never to use his name, her name. Before empathy became a way to find connection, it was her strategy for survival. Turkle's intellect and curiosity brought her to worlds on the threshold of change. She learned friendship at a Harvard-Radcliffe on the cusp of coeducation during the antiwar movement, she mourned the loss of her mother in Paris as students returned from the 1968 barricades, and she followed her ambition while fighting for her place as a woman and a humanist at MIT. There, Turkle found turbulent love and chronicled the wonders of the new computer culture, even as she warned of its threat to our most essential human connections. The Empathy Diaries captures all this in rich detail--and offers a master class in finding meaning through a life's work.

What Happened to You?

Conversations on Trauma, Resilience, and Healing *Flatiron Books*

#1 NEW YORK TIMES BESTSELLER Our earliest experiences shape our lives far down the road, and What Happened to You? provides powerful scientific and emotional insights into the behavioral patterns so many of us struggle to understand. “Through this lens we can build a renewed sense of personal self-worth and ultimately recalibrate our responses to circumstances, situations, and relationships. It is, in other words, the key to reshaping our very lives.”—Oprah Winfrey This book is going to change the way you see your life. Have you ever wondered "Why did I do that?" or "Why can't I just control my behavior?" Others may judge our reactions and think, "What's wrong with that person?" When questioning our emotions, it's easy to place the blame on ourselves; holding ourselves and those around us to an impossible standard. It's time we started asking a different question. Through deeply personal conversations, Oprah Winfrey and renowned brain and trauma expert Dr. Bruce Perry offer a groundbreaking and profound shift from asking “What’s wrong with you?” to “What happened to you?” Here, Winfrey shares stories from her own past, understanding through experience the vulnerability that comes from facing trauma and adversity at a young age. In conversation throughout the book, she and Dr. Perry focus on understanding people, behavior, and ourselves. It’s a subtle but profound shift in our approach to trauma, and it’s one that allows us to understand our pasts in order to clear a path to our future—opening the door to resilience and healing in a proven, powerful way.

Empathy Is Your Superpower

A Book about Understanding the Feelings of Others *Rockridge Press*

Show them the power of caring for others--an introduction to empathy for kids 5 to 7 Learning to understand and care about the feelings of others is one of the most important steps in a child's development--and it's never too early to help little ones build those skills. This beautifully illustrated storybook teaches young kids how to recognize and practice empathy through simple real-life scenarios that are easy for them to understand. It's

written with clear language for adults to read aloud and features discussion questions and activities that encourage kids to talk about what they learned and use it in their lives. Empathy Is Your Superpower features: Empathy heroes--Little superheroes Emmanuel and Emma model easy, age-appropriate ways for kids to practice empathy every day. Ways to set a good example--Kids will learn to put themselves in someone else's shoes, lend a helping hand, and inspire others to do the same. Using empathy for life--Tips, reflections, and games will help adults foster empathy in children for their whole lives. Teach kids to be kind and considerate, with a fun and friendly book about the importance of empathy.

All About Love

New Visions HarperCollins

A New York Times bestseller and enduring classic, All About Love is the acclaimed first volume in feminist icon bell hooks' "Love Song to the Nation" trilogy. All About Love reveals what causes a polarized society, and how to heal the divisions that cause suffering. Here is the truth about love, and inspiration to help us instill caring, compassion, and strength in our homes, schools, and workplaces. “The word ‘love’ is most often defined as a noun, yet we would all love better if we used it as a verb,” writes bell hooks as she comes out fighting and on fire in All About Love. Here, at her most provocative and intensely personal, renowned scholar, cultural critic and feminist bell hooks offers a proactive new ethic for a society bereft with lovelessness--not the lack of romance, but the lack of care, compassion, and unity. People are divided, she declares, by society’s failure to provide a model for learning to love. As bell hooks uses her incisive mind to explore the question “What is love?” her answers strike at both the mind and heart. Razing the cultural paradigm that the ideal love is infused with sex and desire, she provides a new path to love that is sacred, redemptive, and healing for individuals and for a nation. The Utne Reader declared bell hooks one of the “100 Visionaries Who Can Change Your Life.” All About Love is a powerful, timely affirmation of just how profoundly her revelations can change hearts and minds for the better.

See No Stranger

A Memoir and Manifesto of Revolutionary Love One World

An urgent manifesto and a dramatic memoir of awakening, this is the story of revolutionary love. Finalist for the Dayton Literary Peace Prize • “In a world stricken with fear and turmoil, Valarie Kaur shows us how to summon our deepest wisdom.”—Elizabeth Gilbert, author of Eat Pray Love How do we love in a time of rage? How do we fix a broken world while not breaking ourselves? Valarie Kaur—renowned Sikh activist, filmmaker, and civil rights lawyer—describes revolutionary love as the call of our time, a radical, joyful practice that extends in three directions: to others, to our opponents, and to ourselves. It enjoins us to see no stranger but instead look at others and say: You are part of me I do not yet know. Starting from that place of wonder, the world begins to change: It is a practice that can transform a relationship, a community, a culture, even a nation. Kaur takes readers through her own riveting journey—as a brown girl growing up in California farmland finding her place in the world; as a young adult galvanized by the murders of Sikhs after 9/11; as a law student fighting injustices in American prisons and on Guantánamo Bay; as an activist working with communities recovering from xenophobic attacks; and as a woman trying to heal from her own experiences with police violence and sexual assault. Drawing from the wisdom of sages, scientists, and activists, Kaur reclaims love as an active, public, and revolutionary force that creates new possibilities for ourselves, our communities, and our world. See No Stranger helps us imagine new ways of being with each other—and with ourselves—so that together we can begin to build the world we want to see.

Dare to Lead

Brave Work. Tough Conversations. Whole Hearts. Random House

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Look for Brené Brown's new podcast, Dare to Lead, as well as her ongoing podcast Unlocking Us! NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, “One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It’s learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It’s why we’re here.” Whether you’ve read Daring Greatly and Rising Strong or you’re new to Brené Brown’s work, this book is for anyone who wants to step up and into

brave leadership.

Dad's Maybe Book Houghton Mifflin

In 2003, as an older father, O'Brien resolved to give his young sons what he wished his own father had given to him: a few scraps of paper signed "Love, Dad." Maybe a word of advice. Maybe a sentence or two about some long-ago Christmas Eve. Maybe some scattered glimpses of their aging father, a man they might never really know. In this book, O'Brien moves from soccer games to warfare to risqué lullabies, from alcoholism to magic shows to history lessons to bittersweet bedtime stories, but always returning to a father's soul-saving love for his sons. -- adapted from jacket

The Memory Keeper's Daughter

A Novel Penguin

A #1 New York Times bestseller by Kim Edwards, The Memory Keeper’s Daughter is a brilliantly crafted novel of parallel lives, familial secrets, and the redemptive power of love Kim Edwards’s stunning novel begins on a winter night in 1964 in Lexington, Kentucky, when a blizzard forces Dr. David Henry to deliver his own twins. His son, born first, is perfectly healthy, but the doctor immediately recognizes that his daughter has Down syndrome. Rationalizing it as a need to protect Norah, his wife, he makes a split second decision that will alter all of their lives forever. He asks his nurse, Caroline, to take the baby away to an institution and never to reveal the secret. Instead, she disappears into another city to raise the child herself. So begins this beautifully told story that unfolds over a quarter of a century—in which these two families, ignorant of each other, are yet bound by the fateful decision made that winter night long ago. A family drama, The Memory Keeper’s Daughter explores every mother's silent fear: What would happen if you lost your child and she grew up without you? It is also an astonishing tale of love and how the mysterious ties that hold a family together help us survive the heartache that occurs when long-buried secrets are finally uncovered.

Empathy Createspace Independent Publishing Platform

warning!!! This is a dark adult novel with explicit sex and upsetting scenes. 18+ only please. Empathy is a standalone novel. Blake: I am a brother I am a police detective I am a contract killer I don't want to love I don't want to feel I don't want ... EMPATHY. They say some people are born with decreased activity in the front central lobe causing them a deficiency in empathy. Maybe that's true about me but whether I was born this way or created in a moment of evil, empathy was something I didn't possess until her green eyes met mine in the mirror and I couldn't take her life. I didn't want to feel, didn't want this woman in my life complicating how I lived but she was there at every turn. Sent to haunt me for my sins. Her light so bright she provoked a shadow from everyone she touched. When a job turns bad quickly altering my life forever I'm forced to feel. When nothing is making sense I'm forced to face truths I never would recover from. When life drowns you in its cruelty you don't know which way the current will drag you or who you'll become once you re-surface. Melody: I was a daughter I was a student I was a victim Did I have his love? Did I make him feel? Did I have his empathy? When the actions of a soulless killer forces sorrow into my veins I never dreamed the man healing my wounds would be the one to leave the worst scar. His love would scar my soul. Scars are permanent; I will never feel the relief from them. Will I learn to live with them, remember why I have them and learn never to let him close enough to inflict more? Will I eventually cover them... like tattoos coating them with new memories, new love and new starts? I didn't know these answers because the pain was too suffocating, the only thing I knew was they will always be under the surface lingering. He had scars too, from his sins. There is nothing that can cover them, they were too deep, too ugly, too dark and they marked us both forever

You Must Change Your Life: The Story of Rainer Maria Rilke and Auguste Rodin W. W. Norton & Company

Winner of the 2016 Marfield Prize In 1902, Rainer Maria Rilke—then a struggling poet in Germany—went to Paris to research and write a short book about the sculptor Auguste Rodin. The two were almost polar opposites: Rilke in his twenties, delicate and unknown; Rodin in his sixties, carnal and revered. Yet they fell into an instantaneous friendship. Transporting readers to early twentieth-century Paris, Rachel Corbett’s You Must Change Your Life is a vibrant portrait of Rilke and Rodin and their circle, revealing how deeply Rodin’s ideas about art and creativity influenced Rilke’s classic Letters to a Young Poet.

The Power of Empathy

A Practical Guide to Creating Intimacy, Self-understanding, and Lasting Love Plume Books

A practical and inspiring guide to making empathy a vital part of your everyday life explains why it is crucial to finding love, being an active listener, creating lasting intimacy, how it differs from sympathy, ten steps to avoid the pitfalls of negative empathy, and how it can rebuild a relationship, trust, and faith. Reprint.

The Comfort of Things John Wiley & Sons

What do we know about ordinary people in our towns and cities, about what really matters to them and how they organize their lives today? This book visits an ordinary street and looks into thirty households. It reveals the aspirations and frustrations, the tragedies and accomplishments that are played out behind the doors. It focuses on the things that matter to these people, which quite often turn out to be material things – their house, the dog, their music, the Christmas decorations. These are the means by which they express who they have become, and relationships to objects turn out to be central to their relationships with other people – children, lovers, brothers and friends. If this is a typical street in a modern city like London, then what kind of society is this? It’s not a community, nor a neighbourhood, nor is it a collection of isolated individuals. It isn’t dominated by the family.

We assume that social life is corrupted by materialism, made superficial and individualistic by a surfeit of consumer goods, but this is misleading. If the street isn't any of these things, then what is it? This brilliant and revealing portrayal of a street in modern London, written by one the most prominent anthropologists, shows how much is to be gained when we stop lamenting what we think we used to be and focus instead on what we are now becoming. It reveals the forms by which ordinary people make sense of their lives, and the ways in which objects become our companions in the daily struggle to make life meaningful.

Help at Any Cost

How the Troubled-teen Industry Cons Parents and Hurts Kids *Riverhead Books (Hardcover)*

An investigative expos  e of the brutal conditions in treatment programs designed for troubled teens cites scaremonger tactics used by top programs as well as the survival stories of young people who have been abused by them.

The Age of Empathy

Nature's Lessons for a Kinder Society *Crown*

In this thought-provoking book, the acclaimed author of *Our Inner Ape* examines how empathy comes naturally to a great variety of animals, including humans. Are we our brothers' keepers? Do we have an instinct for compassion? Or are we, as is often assumed, only on earth to serve our own survival and interests? By studying social behaviors in animals, such as bonding, the herd instinct, the forming of trusting alliances, expressions of consolation, and conflict resolution, Frans de Waal demonstrates that animals—and humans—are "preprogrammed to reach out." He has found that chimpanzees care for mates that are wounded by leopards, elephants offer "reassuring rumbles" to youngsters in distress, and dolphins support sick companions near the water's surface to prevent them from drowning. From day one humans have innate sensitivities to faces, bodies, and voices; we've been designed to feel for one another. De Waal's theory runs counter to the assumption that humans are inherently selfish, which can be seen in the fields of politics, law, and finance. But he cites the public's outrage at the U.S. government's lack of empathy in the wake of Hurricane Katrina as a significant shift in perspective—one that helped Barack Obama become elected and ushered in what perhaps could become an Age of Empathy. Through a better understanding of empathy's survival value in evolution, de Waal suggests, we can work together toward a more just society based on a more generous and accurate view of human nature. Written in layman's prose with a wealth of anecdotes, wry humor, and incisive intelligence, *The Age of Empathy* is essential reading for our embattled times. "An important and timely message about the biological roots of human kindness."—Desmond Morris, author of *The Naked Ape*

Everything Here Is Beautiful

A Novel *Penguin*

"A tender but unflinching portrayal of the bond between two sisters." —Celeste Ng, New York Times bestselling author of *Little Fires Everywhere* "There's not a false note to be found, and everywhere there are nuggets to savor. Why did it have to end?" —O Magazine "A bold debut. . . Lee sensitively relays experiences of immigration and mental illness . . . a distinct literary voice." —Entertainment Weekly "Extraordinary . . . If you love anyone at all, this book is going to get you." —USA Today A dazzling novel of two sisters and their emotional journey through love, loyalty, and heartbreak Two Chinese-American sisters—Miranda, the older, responsible one, always her younger sister's protector; Lucia, the headstrong, unpredictable one, whose impulses are huge and, often, life changing. When Lucia starts hearing voices, it is Miranda who must find a way to reach her sister. Lucia impetuously plows ahead, but the bitter constant is that she is, in fact, mentally ill. Lucia lives life on a grand scale, until, inevitably, she crashes to earth. Miranda leaves her own self-contained life in Switzerland to rescue her sister again—but only Lucia can decide whether she wants to be saved. The bonds of sisterly devotion stretch across oceans—but what does it take to break them? *Everything Here Is Beautiful* is, at its heart, an immigrant story, and a young woman's quest to find fulfillment and a life unconstrained by her illness. But it's also an unforgettable, gut-wrenching story of the sacrifices we make to truly love someone—and when loyalty to one's self must prevail over all.

Ghost Boys *Little, Brown Books for Young Readers*

A heartbreaking and powerful story about a black boy killed by a police officer, drawing connections through history, from award-winning author Jewell Parker Rhodes. Only the living can make the world better. Live and make it better. Twelve-year-old Jerome is shot by a police officer who mistakes his toy gun for a real threat. As a ghost, he observes the devastation that's been unleashed on his family and community in the wake of what they see as an unjust and brutal killing. Soon Jerome meets another ghost: Emmett Till, a boy from a very different time but similar circumstances. Emmett helps Jerome process what has happened, on a journey towards recognizing how historical racism may have led to the events that ended his life. Jerome also meets Sarah, the daughter of the police officer, who grapples with her father's actions. Once again Jewell Parker Rhodes deftly weaves historical and socio-political layers into a gripping and poignant story about how children and families face the complexities of today's world, and how one boy grows to understand American blackness in the aftermath of his own death.

The Art of Empathy

A Complete Guide to Life's Most Essential Skill *Sounds True*

What if there were a single skill that could directly and radically improve your relationships and your emotional life? Empathy, teaches Karla McLaren,

is that skill. With *The Art of Empathy*, she teaches us how to perceive and feel the experiences of others with clarity and authenticity—to connect with them more deeply and effectively. Informed by current insights from neuroscience, social psychology, and healing traditions, this book explores: Why empathy is not a mystical phenomenon but a natural, innate ability that we can strengthen and develop How to identify and regulate our emotions and boundaries The process of shifting into the perspective of others How to provide support in a sensitive and healthy way Insights for navigating our hyper-connected social landscape Targeted chapters for improving family, workplace, and intimate relationships Ways to expand our empathy to our community, global levels of society, and the natural world More than ever, reflects Karla McLaren, the time for empathy has come. *The Art of Empathy* brings welcome, practical guidance for mastering this essential life skill.

Felix Ever After *HarperCollins*

A Stonewall Honor Book * A Time Magazine Best YA Book of All Time From Stonewall and Lambda Award-winning author Kacen Callender comes a revelatory YA novel about a transgender teen grappling with identity and self-discovery while falling in love for the first time. Felix Love has never been in love—and, yes, he's painfully aware of the irony. He desperately wants to know what it's like and why it seems so easy for everyone but him to find someone. What's worse is that, even though he is proud of his identity, Felix also secretly fears that he's one marginalization too many—Black, queer, and transgender—to ever get his own happily-ever-after. When an anonymous student begins sending him transphobic messages—after publicly posting Felix's deadname alongside images of him before he transitioned—Felix comes up with a plan for revenge. What he didn't count on: his catfish scenario landing him in a quasi-love triangle.... But as he navigates his complicated feelings, Felix begins a journey of questioning and self-discovery that helps redefine his most important relationship: how he feels about himself. Felix Ever After is an honest and layered story about identity, falling in love, and recognizing the love you deserve. "Felix is attending an ultracompetitive arts summer program to have a better shot at a full scholarship to Brown when someone posts Felix's dead name beside photos of him, pre-transition, in the school's lobby. Felix's plot to get revenge throws him onto the path of love and self-discovery." (Publishers Weekly, "An Anti-Racist Children's and YA Reading List")

We Are Not from Here *Penguin*

A poignant novel of desperation, escape, and survival across the U.S.-Mexico border, inspired by current events. A Pura Belpr   2021 Young Adult Author Honor Book! A BookPage Best Book of 2020! A Chicago Public Library Best of the Best of 2020! A School Library Journal Best Book of 2020! A New York Public Library 2020 Top 10 Best Book for Teens! Pulga has his dreams. Chico has his grief. Peque  a has her pride. And these three teens have one another. But none of them have illusions about the town they've grown up in and the dangers that surround them. Even with the love of family, threats lurk around every corner. And when those threats become all too real, the trio knows they have no choice but to run: from their country, from their families, from their beloved home. Crossing from Guatemala through Mexico, they follow the route of La Bestia, the perilous train system that might deliver them to a better life--if they are lucky enough to survive the journey. With nothing but the bags on their backs and desperation drumming through their hearts, Pulga, Chico, and Peque  a know there is no turning back, despite the unknown that awaits them. And the darkness that seems to follow wherever they go. In this striking portrait of lives torn apart, the plight of migrants at the U.S. southern border is brought to light through poignant, vivid storytelling. An epic journey of danger, resilience, heartache, and hope. Praise for *We Are Not From Here*: "A fierce and tender story...Relevant, timely, and perceptive." --Margarita Engle, winner of the Pura Belpre Award and Newbery Honor "With poignant, exhausting lyricism and heart wrenching poetic prose, Jenny Torres Sanchez digs deep and shows us the throbbing, aching coraz  n--the hopeful, unbreakable spirit of the embattled immigrant. A book for the starving, lost soul." --Guadalupe Garc  a McCall, Pura Belpr   Award-winning author of *Under the Mesquite* "An incredibly powerful, soul-searing YA. [I]mportant and necessary.... I could not put this book down." --Padma Venkatraman, award-winning author of *The Bridge Home* "One of the most relevant and needed young adult novels of the year, a must-read." --Jennifer Mathieu, critically acclaimed author of *The Liars of Mariposa Island* and *Moxie* "An achingly beautifully story...masterfully told..Jenny Torres Sanchez is a true leader within young adult fiction." --Christina Diaz Gonzalez, award-winning author of *The Red Umbrella* "*We Are Not From Here* is absolutely stunning. It's raw and real, gritty and gorgeously told. A story that's painfully relevant today, and told with such precision and beauty, you can feel it. It's breathtaking and left me absolutely breathless." --Lauren Gibaldi, author of *This Tiny Perfect World* "[This] is a book that will mark your heart. Jenny Torres Sanchez challenges us to feel, empathize and understand. A searing, necessary and ultimately beautiful book." --Alexandra Villasante, critically acclaimed author of *The Grief Keeper* * "A brutally honest, not-to-be-missed narrative...gripping, heart-wrenching, and thrilling." --Kirkus Reviews, STARRED REVIEW * "A candid, realistic story that will leave readers thinking about the characters--and about our own world--long after the last page." --SLJ, STARRED REVIEW * "Gripping, poignant...this soul-shaking narrative [recalls] the works of Gabriel Garc  a M  rquez." --Booklist, STARRED REVIEW * "A devastating read that is difficult to put down, this unforgettable book unflinchingly illuminates the experiences of those leaving their homes to seek safety in the United States." --Publishers Weekly, STARRED REVIEW

The Five Love Languages

In *The 5 Love Languages*, you will discover the secret that has transformed millions of relationships worldwide. Whether your relationship is flourishing or failing, Dr. Gary Chapman's proven approach to showing and receiving love will help you experience deeper and richer levels of intimacy with your partner starting today.

The Song of Achilles *A&C Black*

SHORTLISTED FOR THE ORANGE PRIZE FOR FICTION 2012 Greece in the age of heroes. Patroclus, an awkward young prince, has been exiled to the court of King Peleus and his perfect son Achilles. Despite their differences, Achilles befriends the shamed prince, and as they grow into young men skilled in the arts of war and medicine, their bond blossoms into something deeper - despite the displeasure of Achilles's mother Thetis, a cruel sea goddess. But when word comes that Helen of Sparta has been kidnapped, Achilles must go to war in distant Troy and fulfill his destiny. Torn between

love and fear for his friend, Patroclus goes with him, little knowing that the years that follow will test everything they hold dear.

Washington Black

A novel *Vintage*
ONE OF THE NEW YORK TIMES BOOK REVIEW'S TEN BEST BOOKS OF THE YEAR • MAN BOOKER PRIZE FINALIST • “A gripping historical narrative exploring both the bounds of slavery and what it means to be truly free.” —Vanity Fair Eleven-year-old George Washington Black—or Wash—a field slave on a Barbados sugar plantation, is initially terrified when he is chosen as the manservant of his master’s brother. To his surprise, however, the eccentric Christopher Wilde turns out to be a naturalist, explorer, inventor, and abolitionist. Soon Wash is initiated into a world where a flying machine can carry a man across the sky, where even a boy born in chains may embrace a life of dignity and meaning, and where two people, separated by an impossible divide, can begin to see each other as human. But when a man is killed and a bounty is placed on Wash’s head, they must abandon everything and flee together. Over the course of their travels, what brings Wash and Christopher together will tear them apart, propelling Wash ever farther across the globe in search of his true self. Spanning the Caribbean to the frozen Far North, London to Morocco, Washington Black is a story of self-invention and betrayal, of love and redemption, and of a world destroyed and made whole again.

Eight Fingers and Eight Toes

Accepting Life's Challenges
Describes how the author dealt with the challenges of having two children with multiple disabilities stemming from Miller syndrome, a rare disorder with only thirty documented cases in the world.

Parenting Matters

Supporting Parents of Children Ages 0-8 *National Academies Press*
Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well- being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of

settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States.

Compassionate Leadership

How to Do Hard Things in a Human Way *Harvard Business Press*
Leadership is hard. How can you balance compassion for your people with effectiveness in getting the job done? A global pandemic, economic volatility, natural disasters, civil and political unrest. From New York to Barcelona to Hong Kong, it can feel as if the world as we know it is coming apart. Through it all, our human spirit is being tested. Now more than ever, it's imperative for leaders to demonstrate compassion. But in hard times like these, leaders need to make hard decisions—deliver negative feedback, make difficult choices that disappoint people, and in some cases lay people off. How do you do the hard things that come with the responsibility of leadership while remaining a good human being and bringing out the best in others? Most people think we have to make a binary choice between being a good human being and being a tough, effective leader. But this is a false dichotomy. Being human and doing what needs to be done are not mutually exclusive. In truth, doing hard things and making difficult decisions is often the most compassionate thing to do. As founder and CEO of Potential Project, Rasmus Hougaard and his longtime coauthor, Jacqueline Carter, show in this powerful, practical book, you must always balance caring for your people with leadership wisdom and effectiveness. Using data from thousands of leaders, employees, and companies in nearly a hundred countries, the authors find that when leaders bring the right balance of compassion and wisdom to the job, they foster much higher levels of employee engagement, performance, loyalty, and well-being in their people. With rich examples from Netflix, IKEA, Unilever, and many other global companies, as well as practical tools and advice for leaders and managers at any level, Compassionate Leadership is your indispensable guide to doing the hard work of leadership in a human way.

Farther Away

Essays *Farrar, Straus and Giroux*
Jonathan Franzen's Freedom was the runaway most-discussed novel of 2010, an ambitious and searching engagement with life in America in the twenty-first century. In The New York Times Book Review, Sam Tanenhaus proclaimed it "a masterpiece of American fiction" and lauded its illumination, "through the steady radiance of its author's profound moral intelligence, [of] the world we thought we knew." In Farther Away, which gathers together essays and speeches written mostly in the past five years, Franzen returns with renewed vigor to the themes, both human and literary, that have long preoccupied him. Whether recounting his violent encounter with bird poachers in Cyprus, examining his mixed feelings about the suicide of his friend and rival David Foster Wallace, or offering a moving and witty take on the ways that technology has changed how people express their love, these pieces deliver on Franzen's implicit promise to conceal nothing. On a trip to China to see first-hand the environmental devastation there, he doesn't omit mention of his excitement and awe at the pace of China's economic development; the trip becomes a journey out of his own prejudice and moral condemnation. Taken together, these essays trace the progress of unique and mature mind wrestling with itself, with literature, and with some of the most important issues of our day. Farther Away is remarkable, provocative, and necessary.