## Contents

Introduction

### Part 1  Being Kind to Others
1. Being Kind 11
2. Kindness and Empathy 25
3. Go Out of Your Way to Make a Difference 51
4. Kindness and Respect 79
5. Be Kind When Others are Rude and Inconsiderate 103

### Part 2  Being Kind to Yourself
6. Don’t Be So Hard on Yourself; Be Kind 127
7. Kindness When Your Life is Really Difficult 147
8. Feel Good About Yourself 169

Useful Websites 181
About the Author 183
Index 185