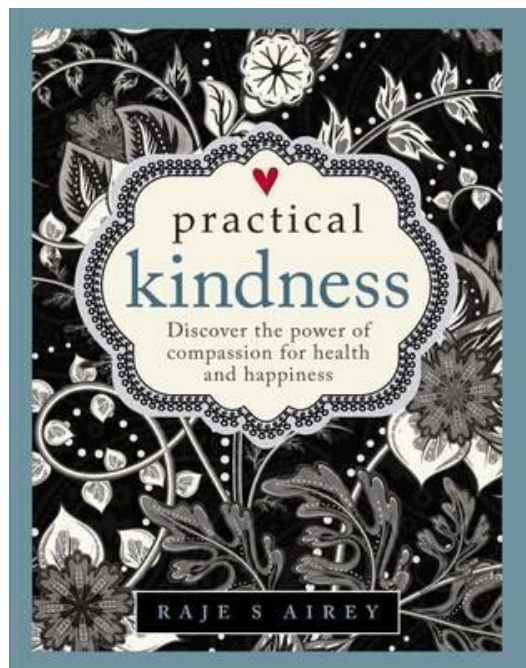


# Read Online Practical Kindness Full Book by Raje S. Airey



## Details:

**Author:** *Raje S. Airey*

**Format:** *128 pages*

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## Plot:

This insightful book is divided into three sections, each forming part of a 'tree of kindness' that can grow from small beginnings and shelter us from the storms of life. The first section (roots) deals with the foundations of kindness. Section two (branches) outlines five key 'pathways to kindness' that show how kindness operates at a personal level. The final section (fruits and seeds), explores the ripple effects of kindness, extending out from beyond ourselves to our relationships with others. Throughout the book there are plenty of practical ideas and compassion-based mindfulness exercises, for bringing more kindness into your everyday life.

## Related info:

## Table of contents

Introduction 6  
ROOTS: THE FOUNDATIONS OF KINDNESS 10  
Being Happy, Living Kindly 12  
Wired to be Kind 20  
How we Become Kind 28  
Wisdom and Compassion 34  
BRANCHES: PATHWAYS TO KINDNESS 44  
Developing Self-

Compassion 46 Be Kind to your Body 56 Compassionate Mind 64 Befriending  
Feelings 74 Food for the Soul 84 FRUIT AND SEEDS: SPREADING KINDNESS 94  
Kindness and Relationships 96 Kindness and Society 106 Kindness and the  
Earth 116 Index 126

## **About Raje S. Airey**

Raje S Airey is a UKCP registered psychotherapist, a BACP accredited counsellor, works as a Clinical Lead and offers therapy to people suffering with depression and anxiety. She has also written and edited several books specialising in health and lifestyle and has spent time in India studying meditation and Eastern philosophy. She is currently developing her interest in compassion-based mindfulness.