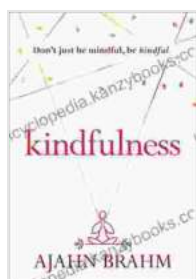


Kindfulness: Awakening to the Extraordinary Power of the Heart by Ajahn Brahm

In a world that often feels unkind and unforgiving, it can be hard to imagine that anything good can come from being kind. But as Ajahn Brahm shows us in his book *_Kindfulness: Awakening to the Extraordinary Power of the Heart_*, kindness is not just a nice idea—it's a powerful force that can transform our lives and the world around us.



Kindfulness by Ajahn Brahm

★★★★☆ 4.6 out of 5

Language : English
File size : 609 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 184 pages



Ajahn Brahm is a Buddhist monk who has spent his life studying and practicing kindness. He has seen firsthand the power of kindness to heal wounds, build bridges, and create lasting peace. In *_Kindfulness_*, he shares his insights and experiences, offering us a practical guide to cultivating kindness and compassion in our daily lives.

The book is divided into three parts. In the first part, Ajahn Brahm explores the nature of kindness and compassion. He shows us how kindness is not just about being nice to others, but about seeing the goodness in everyone,

even those who are different from us or who have wronged us. He also explains the importance of compassion, which is the ability to understand and share the suffering of others.

In the second part of the book, Ajahn Brahm offers a series of practical exercises and meditations to help us develop a more compassionate heart. These exercises are simple and easy to follow, and they can be done anywhere, anytime. They can help us to become more aware of our thoughts and feelings, to develop a more positive outlook on life, and to connect with our inner strength and resilience.

In the third part of the book, Ajahn Brahm shares stories of how kindness has transformed the lives of individuals and communities around the world. These stories are inspiring and uplifting, and they show us the real-world impact that kindness can have. They also give us hope that even in the darkest of times, kindness can prevail.

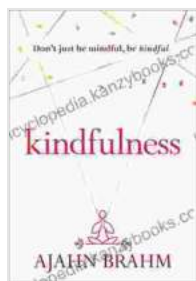
Kindfulness is a powerful and inspiring book that can help us to live more compassionate and fulfilling lives. Ajahn Brahm's insights and experiences are invaluable, and his practical exercises can help us to develop a more compassionate heart. If you are looking for a way to make a positive difference in the world, I highly recommend reading this book.

About Ajahn Brahm

Ajahn Brahm is a Buddhist monk who has spent his life studying and practicing kindness and compassion. He is the abbot of Bodhinyana Monastery in Western Australia, and he is known for his teachings on meditation, mindfulness, and loving-kindness.

Ajahn Brahm has written several books, including *Kindfulness: Awakening to the Extraordinary Power of the Heart*, *The Art of Happiness*, and *Who Free Downloaded This Truckload of Dung? Lessons in Mindfulness from the Buddha's Teachings*. He has also given numerous talks and retreats around the world.

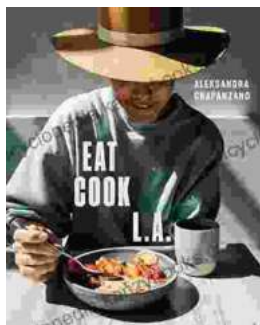
Ajahn Brahm is a gifted teacher who has the ability to make complex teachings accessible and practical. He is a true master of kindness and compassion, and his teachings can help us to live more compassionate and fulfilling lives.



Kindfulness by Ajahn Brahm

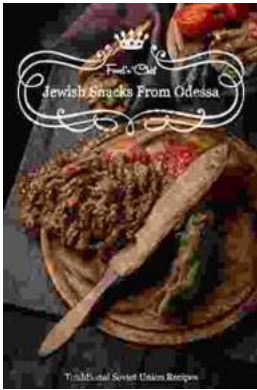
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