



The Kindness Handbook: A Practical Companion (Easyread Large Edition)

By Sharon Salzberg

ReadHowYouWant. Paperback. Book Condition: New. Paperback. 156 pages. Dimensions: 9.9in. x 7.6in. x 0.5in. This book is like having Sharon and her gentle wisdom on 1 call, 24/7, to remind you that in every moment, kindness can make a huge difference in how the next moment unfolds, in yourself and in others. This simple practice will light up and lighten your life --- Jon Kabat-Zinn, author of Coming to Our Senses and Arriving at Your Own Door. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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