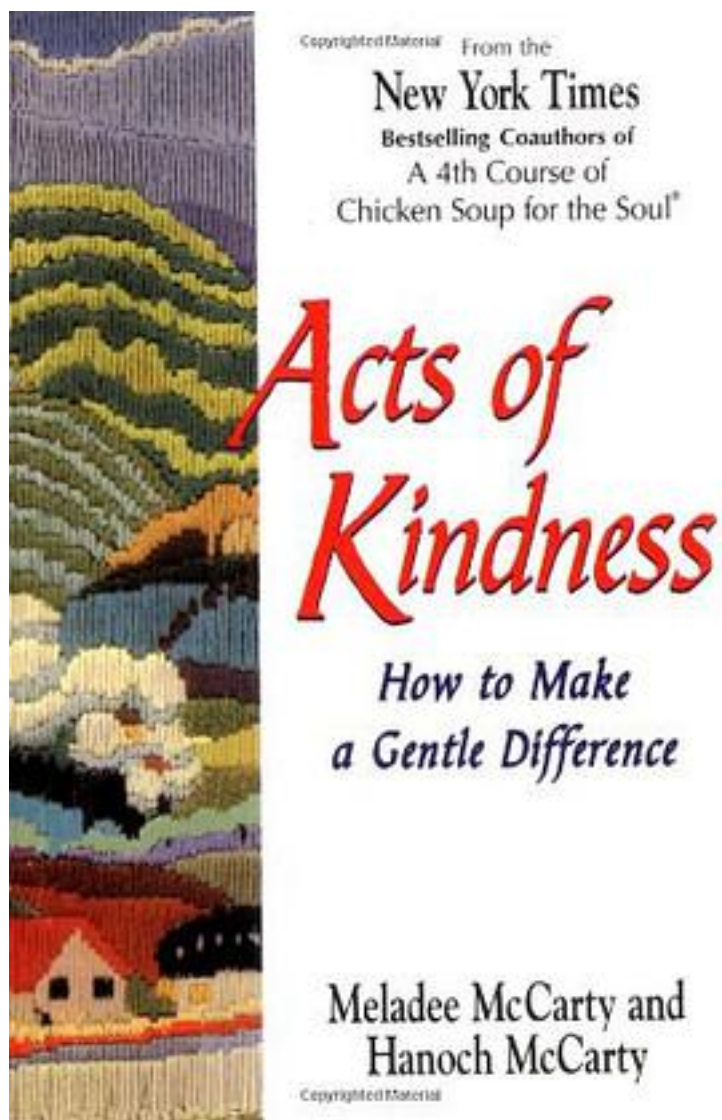


Acts of Kindness



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If you're concerned about the lack of caring in today's society, here's your chance to support the "Kindness Revolution ."In this delightful book, you'll find ideas to help make a gentle difference. It presents just about everything you'll need to know to perform intentional acts of kindness for your family, friends, coworkers, schoolmates, strangers, people in need--even the environment You'll begin with basic ground rules to help you make sure that you're not violating anyone's boundaries and that your acts of kindness will have the desired effect. Following are more than 100 uplifting ideas that will help you--and others--experience joy and a sense of connection. You'll never run out of ways to spread sunshine with this marvelous compendium of kind and thoughtful things to do.

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