

Be Kind

In a follow-up to *Tomorrow I'll Be Brave*, award-winning illustrator Jessica Hische brings to life another series of inspirational words and scenes with her lovely hand-lettering and adorable illustrations. This uplifting and positive book encourages kids to promise that tomorrow, they will be grateful, helpful, and kind. Tomorrow I'll be everything I strive to be each day And even when it's difficult I'll work to find a way. Immerse yourself in the beautifully hand-lettered words of wisdom, hope, and positivity alongside adorable illustrations of love and caring. This book is a reminder to all readers, young and old, that the smallest kind gesture can make the biggest difference in the world--we just have to remember to be kind to one another. Praise for *Tomorrow I'll Be Kind* "As an introduction to personality characteristics, beneficial behaviors, and social-emotional skills, this is a solid choice, and fans of the previous volume are likely to embrace this one as well. 'I'll dream of all the good that comes / when we all just do our best,' the text explains--a sentiment that's hard to rebut. Gently encourages empathy, compassion, and consideration." -- Kirkus Reviews "A welcome call to tenderness." -- PW Reviews Praise for *Tomorrow I'll Be Brave* "Jessica Hische, one of the great designers and typographers, now shows herself equally adept at creating gorgeous and immersive images for young readers. This is a joyous burst of color."--Dave Eggers, author of *Her Right Foot*

Imagine a world where everyone is kind-how can we make that come true? With gorgeous pictures by a host of top illustrators, *Kind* is a timely, inspiring picture book about the many ways children can be kind, from sharing their toys and games to helping those from other countries feel welcome.

Produced in partnership with the nonprofit organization kindness.org, *Be Kind* emboldens you to try an act of kindness every week for a year, benefiting others and yourself while deepening connections in your community. Each of the 52 weeks of kindness includes a dose of inspiration (a story about when a small act of kindness, an authentic personal gratitude letter that had a big impact, a Q&A, or a quote from a notable thinker); a fascinating statistic or fact about kindness that has been researched by Kindlab, the research arm of kindness.org (e.g. Kindness improves the well-being of both the giver and the receiver.); and a suggestion for an act of kindness to do in one of the following areas: Kindness toward those around you (service workers, colleagues, neighbors) Kindness to self Kindness with kids Kindness as a group Kindness to the environment Cyber-kindness Fully illustrated, engaging, and inspiring, *Be Kind* will have you changing not only yourself and your communities, but also the world, one week at a time.

When We Are Kind celebrates simple acts of everyday kindness and encourages children to explore how they feel when they initiate and receive acts of kindness in their lives. Celebrated author Monique Gray Smith has written many books on the topics of resilience and reconciliation and communicates an important message through carefully chosen words for readers of all ages. Beautifully illustrated by artist Nicole Neidhardt, this book encourages children to be kind to others and to themselves.

In a world where people spend more time engaging through screens than in real-life interaction, showing basic human kindness can feel like a lost art. *Be Kind* offers children aged 5 and up simple, actionable things they can do in their daily lives that help them cultivate kindness toward others and grow into people with the capacity to make the world a kinder place. In *Be Kind*, kids learn that kindness is a quality that can be expressed in ways other than merely being "nice," including standing up for someone or something, engaging in a community, showing compassion toward other beings, and expressing gratitude. With joyful illustrations and kid-friendly writing, this idea book serves as a delightful, easy-to-read collection of 125 concrete activities kids and their families can pick and choose from and act out in their daily lives, whether it's being the first person to say good morning, offering compliments, shoveling an elderly neighbor's driveway, learning to say hello in different languages, or sending a card to someone — no special occasion required. On every page, *Be Kind* empowers kids to make the world a better, kinder place, one action at a time.

Be Kind And Polite Buying flowers for your mother, helping someone cross the street are all good manners. Learn more about such acts of kindness through this book.

Celebrate everyday acts of kindness and bravery with the Peanuts gang in this uplifting board book that's perfect for gift-giving! Give a gift from the heart and then you will see... ..being kind may take time but the cost is free. It's tough to be brave when you're high in the sky. It's true: you may flop, but you also might fly! Go sing in the rain if it makes you smile. There's only one you. You have your own style! In this ode to kindness, bravery, and being yourself, Snoopy, Charlie Brown, and the whole Peanuts gang encourage young and old fans to look inside and discover that caring and courage are contagious! This special board book is the perfect gift for Peanuts fans of all ages and anyone who's looking to spread a little more kindness in the world. © 2018 Peanuts Worldwide LLC

It's easy to let self-criticism become our default setting. But as we learn to pay attention to what bugs us and identify negative thinking, we can lean into the things that bring us joy. Filled with spiritual practices and creative exercises, this book from spiritual director Cindy Bunch calls us to self-care through greater compassion for ourselves.

A simple and sweet parenting book with 365 tips—a new one to try every day! As a parent, you want the best for your child, and one of your greatest hopes is that your child will grow up to be a good person. So, what makes a good person? Generally, we think about good people as being kind: those who are compassionate, empathetic, generous. However, it seems that, in our fast-paced, individual-driven society, kindness is fading and the pressure on parents to raise socially conscious, empathetic, and caring children can seem overwhelming at times. In *Teaching Kids to Be Kind*, Rachel Tomlinson draws from her professional experiences to provide 365 inspiring strategies to help children and families practice kindness every day of the year. Daily tips include: Taking your child shopping around the holidays to select a new toy to donate to another little boy or girl their age. Leaving little notes in their lunch box or school bag for them to find. This models unconditional love and consideration for others. Baking a cake together to teach patience and teamwork and build on their ability to delay gratification. An essential tool for parents, *Teaching Kids to Be Kind* will help children develop empathy, regulate their emotions, and improve their general well-being as well as support families in strengthening their overall relationships.

A picture book about finding strength in unlikely places from the team behind the hugely popular New York Times bestseller *Be Kind*. When her gym class must face the school rock-climbing wall, Tanisha is discouraged. Her muscles are weak, and she knows she'll never reach the top like Cayla. But maybe strength is about more than just muscles. With help from her family, Tanisha learns that by showing up, speaking up, and not giving up, she can be strong, too. And that people are the strongest when they work together and trust each other. Award-winning author Pat Zietlow Miller has reunited with illustrator Jen Hill for *Be Strong*, another unforgettable story sure to inspire kids and adults alike.

Daniel Tiger learns all the ways he can be kind to those around him in this storybook based on a special episode of PBSKids' "Daniel Tiger's Neighborhood." Full color.

Do we live in a friendly, or an unfriendly universe? No less a mind than Albert Einstein once said, this is the most important question we can ask ourselves as human beings. *99 Ways To Be Kind*, describes 99 different things you can do to make your world a friendlier place. Whether at home or in the car, for yourself, your family, or the planet you live on, here are 99 acts you can now attach meaning and significance to, which will help you feel better and live healthier, all while becoming aware of the multiple

opportunities and environments there are to display kindness, and the positive impact that small actions can have nourishing the world's collective soul. Saints of all faiths and artists who feel the creative flow of the universe have always known how to do this, but now its time for you and I to become more aware and practice "Random Acts Of Kindness And Senseless Acts Of Beauty," to make the universe we live in a truly friendly place.

Daniel Tiger learns all the ways he can be kind to those around him in this 8x8 storybook based on a special episode of Daniel Tiger's Neighborhood! When King Friday makes Daniel king for the day, the honor comes with royal duties. Daniel must gather a royally sweet treat and the loudest instrument he can find. Then he must bring them both to the castle. Above all, though, Daniel must treat others with kindness. Daniel wants to be a very good king and finds ways to be kind all over the neighborhood. But when his kindness leads to unfulfilled duties, will he regret his choices? Or does Daniel have the heart of a king? © 2017 The Fred Rogers Company

"This is my simple religion. There is no need for temples, no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness." For the Dalai Lama it is kindness that makes the world go 'round. Kindness at the heart of human nature, and it is kindness that is the essential component to developing healthy bodies, minds, and spirits. It is the glue that holds society together. Its absence results in isolation, dislocation, and suffering. In this slender volume, the Dalai Lama outlines what compassion is and how its practice affects every area of life. He also provides an exercise process for developing kindness. One of the strengths of this book is that it demonstrates that living a life of kindness or compassion is not just about altruism. It is a way of life that benefits us in concrete ways. Compassion makes us resilient in the face of adversity, enables us to live with courage, and provides a level of self-confidence that makes us more effective in our personal and professional endeavors. This is a book not only for fans of the Dalai Lama but also for those of all faiths interested in lives filled with hope, promise, and authenticity.

The definitive biography of singer-songwriter Nick Lowe, best-known for "Cruel to Be Kind" and "(What's So Funny 'Bout) Peace, Love, and Understanding" Described as "Britain's greatest living songwriter," Nick Lowe has made his mark as a pioneer of pub rock, power-pop, and punk rock and as a producer of Elvis Costello, Graham Parker, the Damned, and the Pretenders. He has been a pop star with his bands Brinsley Schwarz and Rockpile, a stepson-in-law to Johnny Cash and June Carter Cash, and is the writer behind hits including "Cruel to Be Kind" and "(What's So Funny 'Bout) Peace, Love, and Understanding." In the past decades, however, he has distinguished himself as an artist who is equally acclaimed for the second act of his career as a tender yet sharp-tongued acoustic balladeer. Biographer Will Birch, who in addition to being a music writer was a drummer and songwriter with The Records, has known Lowe for over forty years and melds Lowe's gift as a witty raconteur with his own authoritative analysis of Lowe's background and the cultural scenes he exemplifies. Lowe's parallel fame as one of the best interviews in the business will contribute to this first look into his life and work--and likely the closest thing fans will get to an autobiography by this notoriously charming cult figure. This is not an authorized biography, but Lowe has given it his spiritual blessing and his management and label are fully on board. Cruel to Be Kind will be the colorful yet serious account of one of the world's most talented and admired musicians.

I wish to share with you my journey through physical, sexual and mental abuse both whilst growing up and within the domestic abuse during my marriages and how I found the courage to leave despite the challenges and lack of confidence. I want to share the traumatic arrivals of my children each having their own story and the challenges of parenthood in a turbulent marriage. By drawing a line under my old life and the realisation of how much history had repeated itself, was truly a difficult lesson that I was to learn No longer could I think about what had been, or what will be. Freedom was precious to me but it came with a price. It came with the realization of how much I hid from myself. The realisation that I had become a prisoner in my own world, that I wanted to be free. I wanted to live in the moment, to live life to the full and grab it with both hands and shake the hell out of it, to feel peace every night, and not apologies for being me. When you think you have nothing you have everything, all you truly need is love and courage.

From the best-selling author of the hugely popular Kindergarten, Here I Come!, here's a guidebook in verse that shows children how to be kind in the new and exciting world of kindergarten. Small enough to fit in a child's backpack, this collection of short poems--one to a page--spans the entire year of kindergarten, offering sweet and simple tips on how to be your best self--sharing your umbrella with a friend; taking turns on the swings, and inviting someone to join in a game. This is the perfect companion to DJ Steinberg's enormously successful Kindergarten, Here I Come!

In 'My Kind' with Eddie's Lil' Homies children learn ways to show kindness. When Eddie was drafted to the AFL he faced challenges due to his inability to read or write. Due to this, he hopes all children can have equal opportunities. This is Ed's first book and it's all about spreading kindness and treating everyone equally. It also makes reading fun, so rap or rhyme with your own Lil' Homies.

Now in paperback! A girl in a red hat finds the courage to be kind to the new student in class. Her kindness spreads, kind act by kind act, until her whole community experiences the magical shift that happens when everyone understands—and acts on—what it means to be kind. The fifth book in Rana DiOrio's award-winning What Does It Mean To Be ...?® series, What Does It Mean To Be Kind? was named a 2015 Moonbeam Gold Medalist and won a Mom's Choice Gold Award.

"Sometimes we are met with overwhelming challenges that knock us off our feet-but [Lizzie has] been able to embody the power of hope and compassion in everything [she does]." --Michelle Obama Born with a rare genetic condition, Lizzie Velasquez always knew she was different, but it wasn't until she was older that she understood what that meant to herself and others. In this daring, inspirational book, Lizzie reveals the hidden forces that give rise to self-doubt and empowers us to unlock empathy and kindness for ourselves and others. Through her own battles with anxiety and depression she demonstrates how we can overcome obstacles and move forward with greater positivity and hope. Dare to Be Kind offers the path to self-acceptance, love, and tolerance, and provides a framework for living with confidence and resilience, and ultimately, forging a radically compassionate world.

Kindness is a good habit that has a lasting effect that supports and reinforces the quest for the good life. Helping others bestows a sense of satisfaction that has two beneficiaries—the beneficiary, the receiver of the help, and the one who provides the help. Over time, people who do good deeds develop a friendly and joyful personality that attracts and magnetizes those they associate with and brings kindness their way. Enclosed in this book are lists of ways you, your children, loved-ones, friends and family can demonstrate an act of kindness. If you can take time, each day to demonstrate an act of kindness listed in this book and everyone did the same, just think how much better the world we live in could become.

Addresses the nutritional concerns faced by many who are new to plant-based, vegetarian diets and shows how to cover every nutritional base, from protein to calcium and beyond. Features irresistibly delicious food that satisfies on every level --including amazing desserts to keep the most stubborn sweet tooth happy.

'Made me sit up and listen straight away' Goodreads reviewer, 5 stars Acts of everyday kindness can boost your mood and immunity, lower blood pressure, ease anxiety, slow the ageing process, improve the quality of your relationships (including the one you have with yourself) and give you a sense of deep meaning and purpose. 100 Ways to be Kind is a road map of practical, simple and immediately actionable ways to be kind including how to be kinder to yourself, to others and to nature. Theresa debunks the damaging myth that being kind is a weakness and shows that it is not anger or aggression that brings out our true inner grit, but kindness. Science has proven that there are powerful, potentially lifesaving reasons to be kind. The kinder you are, the more likely you are to experience happiness. Kindness is the simple and scientifically proven remedy that everyone needs to administer right now. So, if you want to harness the power of kindness to transform your life and help save the world at the same time but aren't quite sure how - this book is for you. Read what everyone is saying about 100 Ways to Be Kind 'This is exactly the book I needed to read right now. So much insight on kindness... I love this book, it's great to pick up when needed a little inspiration on how to be kind, or if you need a reminder to be kinder to yourself and laugh a little.' Goodreads reviewer 'Who couldn't use a little more kindness in their life? ... I was expecting a list, but her book is so much more. You could focus on self kindness or kindness online or seek out whatever type of kindness appeals to you.' Goodreads reviewer 'This beautiful new book by Theresa Cheung is as timely as it is uplifting... the first book I have seen that offers solid ways to get your mind re-focused on what is important in life... offers new and clever ways of sharing kindness and love to others when it is most desperately needed.' Goodreads reviewer 'An insightful and easy to follow guide on actions you can take to be kind to yourself and others.' Goodreads reviewer 'An easy to implement guide to adding kind actions to your daily life... A good reminder of how easy it is to help others and feel better about yourself in the process.' Goodreads reviewer

Dr. Joseph DeLuca is a board certified clinical psychologist and primary care physician (MD/PhD) who has practiced in suburban Orlando for the past 34 years. He has written five previous books on obtaining psychological health and well-being. This book is the first of an ongoing series called the "It's Fun to Be ..." He notes that the purpose of the this book is to teach you ng children that being kind to others is fun and says the book is most effective when read by an adult to a young child who can enjoy the pictures as they learn this valuable lesson.

Polly the parrot has a big problem—she has nowhere to sleep on the pirate ship. The next day, it's her turn as lookout, but she falls asleep on the job, which almost destroys the ship! Luckily, thanks to the pirates on board, they treat her with kindness and understanding instead of anger. This book is filled with colorful illustrations and manageable text to help readers follow the whimsical storyline. Readers will learn about the virtue of kindness through the actions of the pirates, a lesson they won't soon forget.

A pioneer in the humane education movement shares an essential guide for new parents who want to raise their children with genuine compassion. In Above All, Be Kind, Zoe Weil teaches parents how to raise their children to be humane in the broadest sense. This includes being more compassionate in their interactions with family and friends, also means growing up to make life choices that demonstrate respect for the environment, other species, and all people. The book includes chapters for early, middle, teenage, and young adult years, as well as activities, issue sidebars, cases, tips, and profiles.

Kids will be inspired by this unique coloring book that focuses on positive thinking. Thirty phrases — Be Curious, Be Patient, Be Forgiving, more — are surrounded by whimsical, kid-friendly art.

A thoughtful picture book illustrating the power of small acts of kindness, from the award-winning author of Sophie's Squash.

From the BC doctor who has become a household name for leading the response to the pandemic, a personal account of the first weeks of COVID, for readers of Sam Nutt's Damned Nations and James Maskayk's Life on the Ground Floor. Dr. Bonnie Henry has been called "one of the most effective public health figures in the world" by The New York Times. She has been called "a calming voice in a sea of coronavirus madness," and "our hero" in national newspapers. But in the waning days of 2019, when the first rumours of a strange respiratory ailment in Wuhan, China began to trickle into her office in British Columbia, these accolades lay in a barely imaginable future. Only weeks later, the whole world would look back on the previous year with the kind of nostalgia usually reserved for the distant past. With a staggering suddenness, our livelihoods, our closest relationships, our habits and our homes had all been transformed. In a moment when half-truths threatened to drown out the truth, when recklessness all too often exposed those around us to very real danger, and when it was difficult to tell paranoia from healthy respect for an invisible threat, Dr. Henry's transparency, humility, and humanity became a beacon for millions of Canadians. And her trademark enjoinder to be kind, be calm, and be safe became words for us all to live by. Coincidentally, Dr. Henry's sister, Lynn, arrived in BC for a long-planned visit on March 12, just as the virus revealed itself as a pandemic. For the four ensuing weeks, Lynn had rare insight into the whirlwind of Bonnie's daily life, with its moments of agony and gravity as well as its occasional episodes of levity and grace. Both a global story and a family story, Be Kind, Be Calm, Be Safe combines Lynn's observations and knowledge of Bonnie's personal and professional background with Bonnie's recollections of how and why decisions were made, to tell in a vivid way the dramatic tale of the four weeks that changed all our lives. Be Kind, Be Calm, Be Safe is about communication, leadership, and public trust; about the balance between politics and policy; and, at heart, about what and who we value, as individuals and a society. The authors' advance from the publisher has been donated to charities with a focus on alleviating communities hit particularly hard by the pandemic: True North Aid with its Covid-19 response in Northern Indigenous communities, and First Book Canada, with its focus on reading and literacy for underserved, marginalized youth.

Easy-to-read, rhyming text provides examples of how to show kindness that even a baby will want to try.

The littlest readers can learn about Abraham Lincoln in this board book version of the New York Times bestselling Ordinary People Change the World biography. This friendly, fun biography series focuses on the traits that made our heroes great--the traits that kids can aspire to in order to live heroically themselves. In this new board book format, the very youngest readers can learn about one of America's icons in the series's signature lively, conversational style. The short text focuses on drawing inspiration from these iconic heroes, and includes an interactive element and factual tidbits that young kids will be able to connect with. This volume tells the story of Abraham Lincoln, America's sixteenth president.

Produced in partnership with the nonprofit organization Kindness.org, Be Kind emboldens you to perform a simple and effective act of kindness every week for a year, benefiting others and yourself while deepening connections in your communities big and small. Each of the 52 weeks of kindness includes a dose of inspiration (e.g. a quote from an influential person or an authentic personal gratitude letter); a fascinating stat or fact about kindness that has been researched by Kindlab (e.g. 72 percent of employees think it is important or very important for an employer to recognize kind acts in the workplace.); and a suggestion for an act of kindness to perform in one of the following areas: Kindness to self Kindness with kids Kindness toward those around you(service workers, people experiencing homelessness, etc.) Kindness as a group Kindness to the environment Kindness at work Cyber-kindness Fully illustrated, engaging, and inspiring, Be Kind will have you changing not only yourself and your communities, but also the world, one week at a time. Words of encouragement and inspiration from women around the world come together in the Everyday Inspiration series from Rock Point. Follow the journeys of hundreds of strong female leaders from past to present through thoughtful biographies and empowering quotes. The perfect gift for family and friends, these gorgeous hardcovers featuring foiled covers and full-color interiors bring these amazing words of wisdom to life. Other titles in the series include: Beautifully Said; Grit & Grace; Find Your Glow, Feed Your Soul; Choose Happy; and Hello Gorgeous!

'In a world where you can be anything, be kind.' Caroline Flack was the girl who had it all ... beauty, talent, money, fame and a hugely successful career. But, away from the television cameras and the fabulous parties, there hid a lonely, frightened young woman. Caroline was already a rising star when she shot to fame as the presenter of Love Island. With her beauty and her effervescent personality, she was perfect for the role and soon the show was drawing 6 million viewers. Yet, behind the scenes her love life was chaotic. She dated Prince Harry, Harry Styles and Russell Brand before finding love with tennis player Lewis Burton. Her world came crashing down on the night Lewis called 999 to report Caroline was attacking him. Police found Caroline hysterical and the couple covered in blood. Just as it seemed life could not be any worse Caroline was fired by ITV and barred by the courts from contacting Lewis. In this extraordinary and revealing book, Emily Herbert talks with friends and celebrities to reveal the heartbreaking true story of how this beautiful woman crashed from the pinnacle of fame and success to a lonely and tragic death. A donation from the sale of this book will be given to cyber bullying charities.

Now selling a million copies a year, INDESTRUCTIBLES is the runaway little series that could! Printed on a special nontoxic, 100% washable, paperlike, recyclable material that is rip proof, chew proof, and drool proof, they are books designed for the way babies read—with their mouths! Let's Be Kind encourages kindness by introducing words and phrases like please, thank you, and I'm sorry in a warm, familial setting. INDESTRUCTIBLES' text is simple and engaging, and the bold, bright illustrations hold baby's attention. Priced at just \$5.95, these books are such a great value, parents will want to collect them all.

Have you been at the grocery store and your child points at someone who looks different and asks loudly, Whats wrong with that person? or Why does he need a wheelchair? Your first reaction is usually to hush your child and apologize to the person or hope he or she didnt notice. Telling a child to be quiet and not look can be shameful for both the child and the person with the difference. Instead of silencing our children and ignoring their curiosity, we should embrace uniqueness in a positive way. In The Courage to Be Kind, authors Jenny Levin and Rena Rosen teach children and parents how to act and respond when they see someone who looks different. Learn with Sam and Ellie as they encounter and interact with several kids in different ways. Ellie is blunt and often offensive. Sam tries to find common ground with each person and provides an example of how to behave. The dramatization of each difference includes photographs and a list of frequently asked questions so kids and parents can learn about various syndromes together. Through a series of scenarios, The Courage to Be Kind offers a tool to facilitate conversations about kindness and to teach with the art of compassion.

You only have to change one life in order to change the world. The question is: Are you ready? Go Be Kind isn't just a journal or another how-to guide to creating the life you want. It's a series of daily adventures that will help you rediscover the greatest human gift—kindness, which inspires interpersonal connection and is the most rewarding way to lead a more magnificent life. Created by Leon Logothetis, host of The Kindness Diaries on Netflix, this life-changing book is filled with highly classified missions, treasure hunts, dream dates, awkward moments, and daily adventures that are guaranteed to change your life. You will step outside of your comfort zone. You will become best friends with total strangers. Some of the adventures can be done while you're falling asleep at night. Some of them will open your eyes to things you've never seen before. And all of them are really easy. It might take 28 ½ days. It might take 11. Or you can take all the time you need (the adventure is up to you). This adventure is about to change your life. And someone else's, too . . . Because once we start being kind, we realize that there is no faster way to happiness. It will change how you see the world, how you connect with other people, and how you connect with yourself. And it starts with you. Let's do it. #gobekind

Detective Constable Henry Campion turns lone avenger when his childhood friend and colleague DC Fred Jordan is shot dead by a gangster who is spared the death sentence. And Campion is convinced there were two killers. To try to catch the second, Campion goes undercover as a spiv in a King's Cross nightclub, the Full Moon. But Campion's adventures at the Full Moon draw him deeper into gangland, and closer to the woman of his dreams - his dead friend's widow . . . But is it love, or is Anne Jordan using Campion for her own ends?

When Hen gives Pig an unexpected present, he says, "How kind!" He's so touched that he decides to do something kind too. Soon, good deeds beget good deeds. Full color.

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