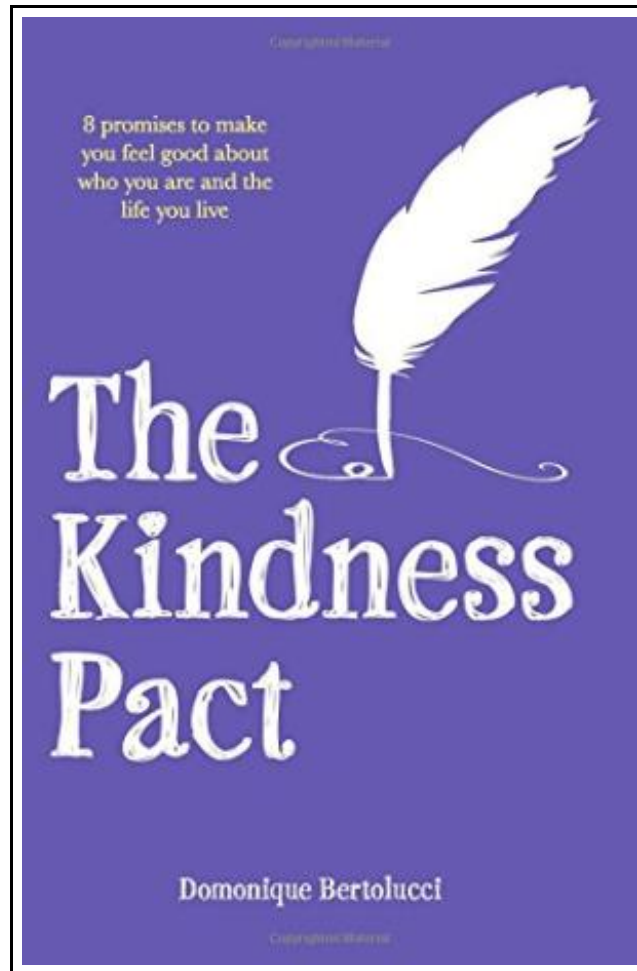


The Kindness Pact: 8 Promises to Make You Feel Good About Who You Are and the Life You Live



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THE KINDNESS PACT: 8 PROMISES TO MAKE YOU FEEL GOOD ABOUT WHO YOU ARE AND THE LIFE YOU LIVE



Hardie Grant Books, 2015. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: The Kindness Pact is the follow-on book to Domonique's earlier books: The Happiness Code, Less is More, Love Your Life and 100 Days Happier (which have sold over 100,000 copies). While that book focussed on being 'the best you can be', The Kindness Pact focuses on the way we treat ourselves. The aim is happiness and who would not buy that! Most people are terribly unkind to themselves. They make harsh judgements, engage in endless self-criticism and are unforgiving of even the smallest of failings. At the same time these people are often loving and kind parents, generous and encouraging friends, and supportive and committed colleagues. They give everyone else their best, only to give themselves their worst. The Kindness Pact introduces the reader to the Eight Promises: commitments you need to make if you want to feel good about who you are and the life you live and invites you to be as kind to yourself as you are to the other important people in your life. Each chapter will explore one of the Eight Promises and will include inspiring stories of personal change based on the author's clients.



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