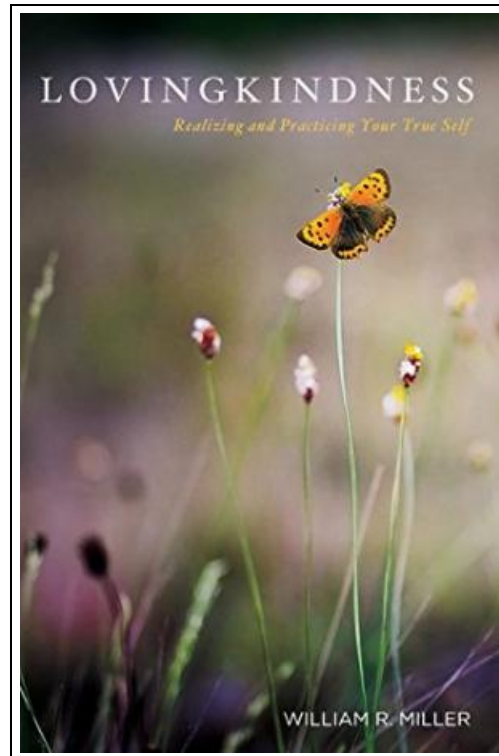


## Lovingkindness (Paperback)



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### ***Reviews***

*It is really an incredible publication which i actually have possibly read through. It really is writer in easy phrases and not confusing. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
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Wipf Stock Publishers, 2017. Paperback. Condition: New. Language: English . Brand New Book. Lovingkindness--acting with selfless compassion toward others--is a widely recognized virtue that is honored across world religions. But what does it look like in practice? How can we more fully and consistently live this calling, to be a loving presence in the world? This book explores the promise and challenge of living with lovingkindness, a concept with deep ancient roots. It offers a framework of twelve dimensions along which people make choices in daily life. Short chapters explore each of these dimensions of lovingkindness, including opportunities for practice. The structure is suitable for self-study or for use in discussion groups. In truth, lovingkindness is not something that you can achieve or perfect. It is more like a star by which to guide your life journey, a distant goal toward or away from which you move through countless choices that you make each day. This book is about that journey. Don't expect a dry or pious book here! Miller writes with clarity, calm but inspired development of one shining idea, and with an experienced knowledge that is infectious. I sincerely hope the book receives a wide readership. Its truth and allurements are hard to resist. --Richard Rohr, O.F.M., Center for Action and Contemplation, Albuquerque, NM Lovingkindness provides a nexus where major religions and scientific psychology intersect. William R. Miller, one of our most prolific and generative psychologists, explores calling, human nature, and an arc toward a positive existence. He sees lovingkindness as a choice humans can make. He goes beyond advocating it as an attitude and describes practical ways we each can choose to be more loving. This book will make you think, but it will also empower you to act as a more responsibly loving person. --Everett...



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