



## The Art of Being Kind

*Stefan Einhorn*

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# The Art of Being Kind

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**The Art of Being Kind** Stefan Einhorn

**Being kind in a genuine and positive way is an art, and while it frequently happens spontaneously, one can learn to integrate the “art” kindness into their personal and professional lives.**

Einhorn believes it is the single most important factor in achieving success and satisfaction. Contrary to the cynical axiom, “nice guys finished last,” Einhorn makes the case that being a good person can make you happier, richer, more successful and fulfilled. Kindness is not always easy to put into practice—in all of life’s dilemmas, we calculate, whether consciously or subconsciously, what the consequences of our behavior—good or bad—is likely to be. It is this ethical intelligence that Einhorn helps the reader cultivate through five exercises, which will help readers tackle setbacks while reaping the benefits of being kind.

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