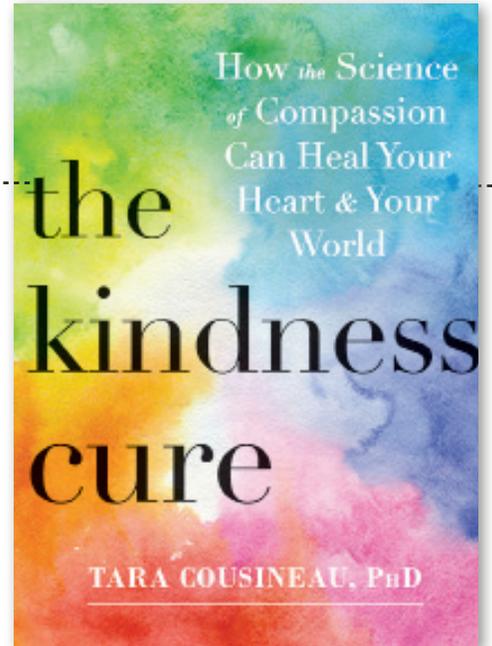


THE KINDNESS CURE

How the Science of Compassion Can Heal Your Heart and Your World

Tara Cousineau, PhD.



ABOUT THE AUTHOR

TARA COUSINEAU, PHD, is a clinical psychologist, researcher, and a parent of two teenage girls in Boston, MA. Her expertise spans everything from child and adolescent health and mind-body medicine, to the science of happiness. Cousineau served as a global advisor to the Dove Self-Esteem Project and has been quoted in *Good Housekeeping*, *Family Circle*, *Brides*, *Seventeen*, and *Savvy Auntie*.

It's time for a kindness revolution. In *The Kindness Cure*, psychologist Tara Cousineau draws on cutting-edge research in psychology and neuroscience to show how simple practices of kindness—for ourselves, for others, and for our world—can dissolve our feelings of fear and indifference, and open us up to a life of profound happiness.

Compassion for ourselves and others is our birthright as humans—hardwired into our DNA and essential to our happiness. But in our fast-paced, technical savvy and hyper competitive world, it may come as no surprise that rates of narcissism have risen, while empathy levels have declined. We now find ourselves in a “cool to be cruel” culture where it’s easy to feel disillusioned and dejected in our hearts, homes, and communities. So, how can we reverse this malady of meanness and make kindness and compassion an imperative?

The Kindness Cure draws on the latest social and scientific research to reveal how the seemingly “soft skills” of kindness, cooperation, and generosity are fundamental to our survival as a species. In fact, it’s our prosocial abilities that put us at the head of the line. Blended with moving case studies and clinical anecdotes, Cousineau offers practical ways to rekindle kindness from the inside out.

Kindness has the exponential power to renew relationships and transform how we think, feel, and behave in the world. Will you be a part of the revolution?

- *The Kindness Cure* draws on cutting-edge research in psychology and neuroscience to reveal the surprising advantages of kindness, compassion, and empathy, and provides step-by-step instruction on how to access the five pathways for “rekindling” kindness.
- By understanding how we are “wired to care,” cultivating kindness becomes a no-brainer. Scientific investigation into interpersonal neurobiology and neuroplasticity shows we all have a biological blueprint for caring and generosity, and, likewise, over time we can hone our ability to “read” another person’s emotional states. More than a nice thing to do, being kind is an evolutionary imperative.

FOR MORE INFORMATION, CONTACT
Cassie Kolas

cassie.kolas@newharbinger.com
510-594-6142

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