



## **The Force of Kindness: Change Your Life with Love & Compassion**

*Sharon Salzberg*

[Download now](#)

[Read Online ➔](#)

# **The Force of Kindness: Change Your Life with Love & Compassion**

*Sharon Salzberg*

## **The Force of Kindness: Change Your Life with Love & Compassion** Sharon Salzberg

Kindness is a force that breaks open your heart even as it heals-and in that healing sets you free. Perhaps one of the Buddha's most radical teachings, metta or "lovingkindness" is much more than common niceness or charity. It is a real-world practice to awaken your empathy with all beings and then radiate the fire of that compassion into the world.

## **The Force of Kindness: Change Your Life with Love & Compassion Details**

Date : Published August 31st 2005 by Sounds True

ISBN : 9781591793557

Author : Sharon Salzberg

Format : Hardcover 85 pages

Genre : Religion, Buddhism, Nonfiction, Spirituality, Self Help



[Download The Force of Kindness: Change Your Life with Love & Com ...pdf](#)



[Read Online The Force of Kindness: Change Your Life with Love & C ...pdf](#)

**Download and Read Free Online The Force of Kindness: Change Your Life with Love & Compassion**  
**Sharon Salzberg**

---

## **From Reader Review The Force of Kindness: Change Your Life with Love & Compassion for online ebook**

### **KJP says**

I was able to understand Salzberg talking about and instructions on buddhist philosophy and meditaion. I also could really relate--as most of the beliefs are already my own.

---

### **Terri Stockdreher says**

Loved this book so much I've bought copies for others and use it at work with my patients. So simple, so good. Excellent meditations on the CD.

---

### **Larry James says**

you will learn a practical path to cultivate a foundation of inward peace, open your heart with empathy, and radiate the force of kindness to those you touch in your life.

---

### **Jan says**

I've read numerous books from the Western Buddhist community but had never read or heard Sharon Salzberg speak. I watched a video retreat online through my Tricycle magazine subscription and really liked her demeanor and the way she expressed herself. She made the teachings very easy to relate to in my daily life. I really enjoyed this material and will be reading more from this author in the future. I would love to attend a retreat at the Insight Meditation Institute in Barre, MA where she is on staff. On my bucket list anyway!!

---

### **Cheryl says**

"To explore kindness as that thread of meaning requires finding out if we can be strong and still be kind, be smart and still be kind, whether we can be profoundly kind to ourselves and at the same time strongly dedicated to kindness for those around us. We have to find the power in kindness, the confidence in kindness, the release in kindness-the type of kindness that transcends belief systems, allegiances, ideologies, cliques, and tribes."

"Kindness points to the core of what it means to be alive, which is to be connected."

The manifestation of kindness is not just in being nice and sweet- it has great forcefulness. The certainty of

someone's conviction that we can be happy, manifested through their caring, animates a potential within us that might otherwise just have lain dormant...If there is a fire within these spiritual teachers to be truthful, to wake up, to not waste one's life...it can light a similar fire in us as well."

---

### **Kate says**

"Kindness is a force that breaks open your heart even as it heals -- and in that healing sets you free. Perhaps one of the Buddha's most radical teachings, *metta* or "lovingkindness" is a much more than common niceness or charity. It is a real-world practice to awaken your empathy with all beings and then radiate the fire of that compassion into the world.

"With *The Force of Kindness* , Sharon Salzberg offers her respected skills as a meditation instructor to teach you a series of practices for looking gently at the suffering within -- and to heal yourself with compassion. Complete with specific meditations on CD, this integrated learning course will show you how to expand your lovingkindness gently outward to friends, community, and, ultimately, even to those who have caused you suffering.

*"Do you yearn to break free of resentments and pain -- and to share that inner liberation with others? In applying yourself to this practice, you will find that your sense of isolation from others will begin to melt, and even in the midst of troubles you will come more and more to possess the radiant force of an open and fearless heart."*

~~back cover

*I'm looking for lovingkindness in my life. I desperately need it for myself, and I yearn to expand it outward, to help bring peace to the world.*

---

### **Susy says**

Difficult for me to get into. . .definitely not a night time reading book for me as I tended to drift off. When the author's insights hit me, they really made an impact. I'm afraid I missed too much in trying to get it read for book club. Will probably try rereading portions of it slowly.

---

### **Kerry says**

This book has a lot of highlightable and quotable passages that are worth thinking about at greater length. It does suffer, to an extent, from the same problem that other books based on Buddhist teachings do, namely the abstract quality of the writing. Salzberg was right to keep the book short for this very reason. She also has more concrete books, *Real Happiness: The Power of Meditation* being an excellent guide to meditation and seeking the freedom in letting go of negative emotions and embracing lovingkindness and other meditation techniques.

---

## **Tuesday says**

I find this book to be a great guide and reading a chapter before meditating or spending some quiet time really affects the types of conscious thoughts that come up.

The best part about Susan Salzberg writing about kindness is the simple, clear and non-preachy way it comes through. She's even said before that one doesn't need to declare themself a Buddhist or a Hindu to "get it"; no one needs to deny or push away other teachings.

I had already heard Susan Salzberg speak about love and compassion before, so as I read this book I got the same feeling-- her voice is clearly in the text.

I recommend this for anyone who is familiar with the concepts of lovingkindness meditation, even if they didn't like "practicing" as such. My mind often wanders during meditation, but this book gives me something more constructive to wander toward and I think the effects are cumulative.

---

## **Victoria says**

Life changing!

---

## **Sandra says**

Living gently...Sharon Salzberg is a gift, an inspiration, radiant, which shines thru in her writings! One of a few worth reading life changing selections. Included CD is wonderful addition.

---

## **Sharon says**

Buddhist practitioner and scholar Sharon Salzberg's latest work, "The Force of Kindness," is an in-depth look at the Buddhist metta meditation. Metta is a practice in which one starts by wishing love, joy and mental peace for one's self and then expands the circle out to family, friends, strangers and enemies in turn. The premise here is to practice mindful kindness.

Salzburg examines various ways to incorporate kindness into one's life through the metta, with discussions about intention, compassion, avoiding cruelty and so on. She provides specific tasks at the end of each chapter that allow the reader to put the lesson into practice.

The book is brief and interesting, and provides some useful tools. The included CD, with guided meditations, is particularly nice.

(Review based on uncorrected advance proof, with companion meditation CD.)

---

**Arlene says**

A Buddhist discusses kindness as a guiding force for one's life - kindness for oneself, kindness for those close to you, kindness towards others.

---

**Joanne Kelly says**

Inspiring, touching. Would love to be able to implement the principles in this book without having to think about it. Will read it again.

---

**Barbara says**

I think this book is life changing. I bought it after attending a meditation retreat with Sharon in February. I bought extra copies to give away. I hope others will be inspired by it.

---