



Kindfulness

Ajahn Brahm

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Kindfulness

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Kindfulness Ajahn Brahm

Go beyond mindfulness—practice kindness!

Here Ajahn Brahm introduces a new kind of meditation: kindness. Kindness is the cause of relaxation. It brings ease to the body, to the mind, and to the world. Kindness allows healing to happen. So don't just be mindful, be kind!

With his trademark knack for telling engaging stories paired with step-by-step anyone-can-do-it instructions, Brahm brings alive and makes accessible powerful tools transformation. This slim, beautifully designed volume is a Quick Start guide for living a life of joy and compassion.

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