



Kindfulness

Ajahn Brahm

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Kindfulness

Ajahn Brahm

Kindfulness Ajahn Brahm

Go beyond mindfulness—practice kindness!

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

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 for transformation. This slim, beautifully designed volume is a Quick Start guide for living a life of joy and compassion.

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