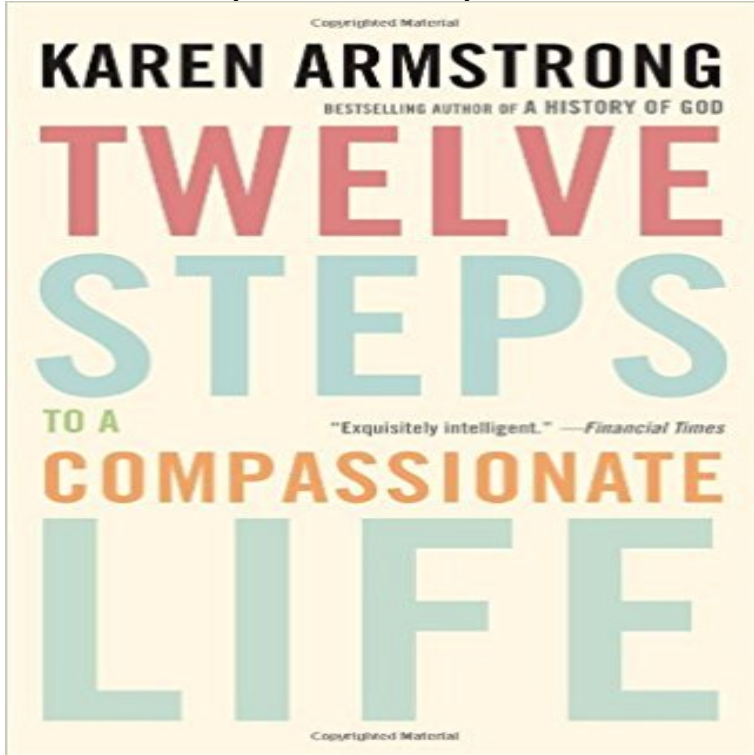


Twelve Steps to a Compassionate Life



In this important and thought-provoking work, Karen Armstrong—one of the most original thinkers on the role of religion in the modern world—provides an impassioned and practical guide to helping us make the world a more compassionate place. The twelve steps she suggests begin with “Learn About Compassion,” and close with “Love Your Enemies.” In between, she takes up self-love, mindfulness, suffering, sympathetic joy, the limits of our knowledge of others, and “concern for everybody.” She shares concrete methods to help us cultivate and expand our capacity for compassion, and provides a reading list to encourage us to “hear one another’s narratives.” Armstrong teaches us that becoming a compassionate human being is a lifelong project and a journey filled with rewards. The First Step: Learn About Compassion The Second Step: Look at Your Own World The Third Step: Compassion for Yourself The Fourth Step: Empathy The Fifth Step: Mindfulness The Sixth Step: Action The Seventh Step: How Little We Know The Eighth Step: How Should We Speak to One Another? The Ninth Step: Concern for Everybody The Tenth Step: Knowledge The Eleventh Step: Recognition The Twelfth Step: Love Your Enemies

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eagerness on Armstrongs 12-fold path towards enlightenment. Twelve Steps to a Compassionate Life by Karen Armstrong - review Twelve Steps to a Compassionate Life, by Karen Armstrong â€“ Summary by Judy Lee Trautman. 1. Tribal survival. [Four F brain]. Evolving into societies â€“. Twelve Steps to a Compassionate Life: Karen - One of the most original thinkers on the role of religion in the modern world-author of such acclaimed books as A History of God, Islam, and Buddha-now givesÂ Review of Karen Armstrongs Twelve Steps to a Compassionate Life About Twelve Steps to a Compassionate Life. In this important and thought-provoking work, Karen Armstrongâ€”one of the most original thinkers on the role ofÂ Twelve Steps to a Compassionate Life eBook: Karen Armstrong Marcy also edited the following summary and reflection on Karen Armstrongs TWELVE STEPS TO A COMPASSIONATE LIFE, which the group studied to beginÂ Twelve Concrete Ways To Live A Compassionate Life : NPR This week, religious scholar and 2008 TED Prize winner Karen Armstrong released 12 Steps to a Compassionate Life, a practical guide to theÂ 3 Responses to 12 Steps to a Compassionate Life by Karen Armstrong In Twelve Steps to a Compassionate Life, however, she climbs out from her role as an objective historian and professes a personal creed.

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