



DOUG CARNINE, PhD

How Love Wins: The Power of Mindful Kindness

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“Be kind.” It sounds simple, so why is it so difficult? Most of us recognize that being kinder and more present would not only improve our own lives and the lives of our loved ones, but also strengthen our communities. Numerous scientific studies have confirmed that both living mindfully and being kind to others offer a host of benefits — from stronger relationships to longer life. Yet even if we truly care and are motivated to change, we find that old habits keep us from achieving our goal of increasing our kindness and improving our relationships.

With his book *How Love Wins*, University of Oregon professor emeritus Doug Carnine offers another path. In this simple but powerful guide, Carnine leads the reader through a 12-step process of transformation, opening a toolbox of skills and techniques that anyone can use to live more fully in the moment and be more kind to themselves and others. A lay Buddhist minister who has worked with hospice patients and prisoners, Carnine provides a clear path that will enable everyone to build a mindfully kind life — and make it stick.”

How Love Wins: The Power of Mindful Kindness Details

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Nadine says

What first impressed me about HOW LOVE WINS is the format of the book. It has a well delineated Table of Contents so I know specifically the content of the book with two chapters immediately catching my interest. Whenever I am going to read nonfiction I look at the end of the book and I recommend you know what's there: a Resources List, Glossary and blank pages. I started writing notes in the back but I'm going to have to dedicate a notebook for my notes instead. Why? Once you start reading the bullets and illustrations and charts are helpful, but the "your turn", "checking in" and "time for reflection" writing prompts will get you thinking and writing about your life and how to integrate kindness into it. You need to take your time in reading this book thus I have not finished yet, but the author, who kindly offered this book in LibraryThing's giveaway program for review, deserves to have this book reviewed as it is truly good.

Cynthia says

Excellent book for anybody looking to increase goodness in their life. The author walks readers through Buddhist principals of Mindfulness, paving the way to greater kindness toward others, and toward oneself.

Valerie says

When I was offered this book, I thought it sounded like a great read. I am happy to report that it did not disappoint. The book offers an informative approach on how you can develop a skills set for being kinder to other people. The tips are practical and useful.

I found that the background of this author helped enhance the book. It seems that he is very knowledgeable and has a lot to offer the reader.

I appreciated the opportunity to read this book. Thank you.

Disclaimer: I was awarded this book. Though I did not pay for the book, the opinions are strictly my own.

H Savin says

Initially I found this really hard to get into, I thought some aspects were quite repetitive, however as you worked your way through the book you come to understand there's a good reason for this, namely that it is challenging (training) your old way of thinking so the new way becomes second nature. Very interesting and informative. If you find it a struggle to begin with keep going!
