



The Kindness Challenge: Thirty Days to Improve Any Relationship

Shaunti Feldhahn

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One month to a great relationship...with anyone!

Think of your toughest relationship. Think of a relationship that is good but could be great. Think of a group of people that drives you nuts. You want to show more kindness and generosity, but sometimes you're just tired, stretched, and frustrated. Besides, would small actions make that big a difference? *Yes!*

After years of extensive research, Shaunti Feldhahn has concluded that kindness is a superpower. It can change any relationship, make your life easier and better, and transform our culture. But how does it work? And how can you show kindness when you don't feel like it?

In *The Kindness Challenge*, Shaunti explores....

- * Three simple acts that make all the difference in any relationship (with a spouse, child, co-worker, brother-in-law...)
- * Whether kindness is ever the *wrong* approach
- * The seven ways you may be unkind and never realize it
- * Eight types of kindness—and which might be the best fit for *you*
- * Ten sneaky obstacles that get in the way of giving praise
- * Practical ways to persevere when kindness is tough
- * How kindness in marriage leads to benefits in the bedroom (yes, really!)
- * Why *your* acts of kindness today can help transform the world

With self-assessments, day-to-day tips, a 30-day challenge, and specific kindness ideas, *The Kindness Challenge* can make your toughest relationships better and your good relationships great—starting today.

Try the 30 Day Kindness Challenge and be a part of a kindness revolution in your home, your world, and yourself.

Have We Ever Needed Kindness More?

In *The Kindness Challenge*, innovative researcher Shaunti Feldhahn reveals three simple steps proven to make any interaction better and any relationship thrive—whether with a romantic partner, coworkers, a child, siblings, your hard-to-please stepmother, or rude people at the grocery store. You'll learn which ways of acting, speaking, and thinking will make the greatest difference for *your* life.

Doing these simple acts for thirty days not only has power to change the other person—it has the power to change you!

In these pages, Shaunti introduces you to a host of people from all walks of life who have tested the 30-Day Kindness Challenge in real-life situations and have seen the difference it makes. She shows you the inspiring results of her before-and-after surveys. And she challenges you not only to try the 30-Day Kindness Challenge for yourself but to be a part of the movement to transform our culture.

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Doris Moreno:

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Elida Allman:

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Kenneth Roland:

The book *The Kindness Challenge: Thirty Days to Improve Any Relationship* has a lot info on it. So when you check out this book you can get a lot of help. The book was authored by the very famous author. The author makes some research just before write this book. This particular book very easy to read you can obtain the point easily after reading this book.

Kyle Smallwood:

This *The Kindness Challenge: Thirty Days to Improve Any Relationship* is brand new way for you who has intense curiosity to look for some information because it relief your hunger details. Getting deeper you upon it getting knowledge more you know or you who still having tiny amount of digest in reading this *The Kindness Challenge: Thirty Days to Improve Any Relationship* can be the light food in your case because the information inside this particular book is easy to get simply by anyone. These books produce itself in the form which is reachable by anyone, yes I mean in the e-book type. People who think that in guide form make them feel tired even dizzy this publication is the answer. So you cannot find any in reading a e-book especially this one. You can find actually looking for. It should be here for an individual. So , don't miss that! Just read this e-book type for your better life as well as knowledge.

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