



WHAT PEOPLE ARE SAYING

Kindness is magic, and no one knows that better than Leigh Clark. Her exciting new book is an inspiring collection of stories that will give you all the feels and make you want to do better, be better.

- **Meaghan Murphy**

Editor in Chief at Woman's Day Magazine and Author of Your Fully Charged Life

Despite what you hear on the news, human beings have an enormous capacity for kindness. Because of what you hear on the news, we need to exercise this capacity more than ever. This book offers lovely examples of people leading with kindness, and a reminder that change begins with all of us.

- **Jamil Zaki**

Professor of Psychology at Stanford, Director of the Stanford Social Neuroscience Laboratory, and Author of the Bestselling Book The War for Kindness: Building Empathy in a Fractured World

AT A GLANCE

- Healing the world with kindness
- Kindness starts with yourself
- Small acts of kindness have a big impact
- Kindness in the workplace

ABOUT KINDLEIGH

Making the world a nicer place one act of kindness at a time

kindleigh.org

contact@kindleigh.org

facebook.com/groups/kindnesscommunity

Text GIVE to 516-321-0134

Part of the proceeds from this book benefit the nonprofit **Kindleigh**.

LIVING KINDLY

Bold Conversations About the Power of Kindness

One random act of kindness, performed ten years ago, sparked such joy in Leigh Clark that she committed to 30 days of kindness acts and, eventually, a world-wide movement through the creation of her nonprofit Kindleigh.

Leigh soon discovered that she wasn't alone in her desire to make the world a kinder place, though. When she found the other kindness ambassadors whose stories are featured in this book, she knew that the power of all their stories of kindness together would change that ripple into a wave of compassion and generosity.

Living Kindly isn't just a feel-good read for those who love motivational and positive stories. It's an extension of Kindleigh and Leigh's mission, as well as the missions of multiple kindness entrepreneurs, nonprofit founders, and others who strive to make the world a nicer place, one act of kindness at a time.

In this book, you'll find stories of kindness to ourselves, to those we love, and to strangers—forming a strong web of kindness that will inspire you to take steps, too, to bring more kindness to our world.

MEET THE AUTHORS

Leigh Clark | Cori Wamsley | Krystle Mabery | Jonathan Darling
Francesca Donlan | Angelica Perman | Beth Socoski | Magnus Wood
Jo Davis | Debbie Lundberg | Neil Schambra Stevens
Cole Baker Bagwell | Daniel Levin | Mark Shapiro

