



am I being kind: how asking one simple question can change your life...and your world

Michael J. Chase

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Imagine if one simple question could change your life . . . and your world.

Awakening the reader like caffeine for the heart, *am I being kind* revives the spirit and blazes a direct path to a more peaceful and kindhearted world. In this captivating guide to personal transformation, author and inspirational speaker **Michael J. Chase** reveals how one simple question has the power to change your life and the lives of those around you. As you ask, "am I being kind" in seven vital areas of your life, you discover the secret to creating unlimited joy, inner peace, and the life you've always dreamed of.

Having experienced the "art of unkindness" throughout much of his life, Michael shares his own journey of self-discovery and the lessons learned from unlikely spiritual teachers along the way. Through riveting true stories and a unique step-by-step program, *am I being kind* shows you how the astonishing power of kindness can change your heart, your life, and ultimately, your world.

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Tony Caldwell:

Spent a free time to be fun activity to accomplish! A lot of people spent their spare time with their family, or their very own friends. Usually they doing activity like watching television, planning to beach, or picnic inside park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? Can be reading a book can be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to try look for book, may be the reserve untitled am I being kind: how asking one simple question can change your life...and your world can be fine book to read. May be it may be best activity to you.

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