



# **A Year of Living with more Compassion: 52 Quotes & Weekly Compassion Practices**

*Richard Fields*

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In this book master teachers in the fields of compassion, mindfulness and psychology (Jack Kornfield, Tara Brach, Joan Halifax and 33 others) give you their favorite compassion quote, explain the lesson, and provide a compassion practice for the week - 52 quotes, lessons & compassion practices in all. The book has nine sections - -Heart and Love, -Opening to Compassion, -Kindness, -Self-compassion, -Interconnectedness, -Compassion & the Body, -Important Aspects of Compassion, -Compassion-Hate & Difficult People, -Compassion for Difficult & Challenging Situations,

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