



The Kindness Pact: 8 promises to make you feel good about who you are and the life you live

Domonique Bertolucci

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From the best-selling author of *The Happiness Code* comes *The Kindness Pact*: the answer to feeling good about who you are and the life you live. **Domonique Bertolucci's** eight promises will show you how to be as kind to yourself as you are to the other important people in your life.

Most people are terribly unkind to themselves. They make harsh judgements, engage in endless self-criticism and are unforgiving of even the smallest of failings ... and then wonder why they don't feel so great about themselves.

When you keep the Pact, you will build your confidence, nurture your self-esteem and have more energy to do what you want to do and be who you want to be.

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People live in this new moment of lifestyle always attempt to and must have the free time or they will get large amount of stress from both daily life and work. So , when we ask do people have spare time, we will say absolutely yes. People is human not really a robot. Then we ask again, what kind of activity are there when the spare time coming to an individual of course your answer will probably unlimited right. Then ever try this one, reading publications. It can be your alternative with spending your spare time, the particular book you have read will be The Kindness Pact: 8 promises to make you feel good about who you are and the life you live.

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