

REFERENCES

Books:

- 1) Random Acts of Kindness - Chicken Soup for the Soul
ed. by Amy Newmark © 2017 ISBN: 13: 978-1-61159-961-9
- 2) Random Acts of Kindness, by editors of Conari Press
© 2002, 1993 ISBN 0-0943233-43-7
- 3) More Random Acts of Kindness by editors of Conari Press
© 1994 (Now out of print) ISBN - 0-943233-82-8
- 4) Practice Random Acts of Kindness - by editors of Conari Press
© 2007 ISBN - 978-1-57324-272-1
- 5) My kind (of) America, ed. by Amy Newmark (another Chicken
Soup for the Soul books) © 2017 ISBN 13 978-1-61159-973-2

- 6) Little Acts of Kindness by Rebecca Dickinson © 2019
(Suggestions and quotes) ISBN 978-1-911517-71-9
- 7) The Pocket Book of Kindness, Arcturus Holdings, Ltd. © 2019
(Quotes on aspects of kindness) ISBN 978-1-78888-963-6
- 8) Timeless Thoughts on Love, pub. by Five Mile Press © 2006
(More quotes on aspects of Love) ISBN 978-174178-261-5
- 9) Be a Good in the World by Brenda Knight © 2015
(365 Days of kindness ideas) ISBN 978-1-63228-004-6
- 10) Kids' Random Acts of Kindness by editors of Conari Press
© 1994 (kids' own words of their deeds) ISBN 978-0-943233-62-8
- 11) Love Kindness by ~~Barry H. Corey~~ Barry H. Corey © 2016
(I fell asleep reading this - too academic) ISBN 978-1-4964-1196-9
- 12) The Hidden Power of Kindness by Law © 1962 © 1999
(similar to # 11 above) ISBN 978-1-928832-00-3

- 13) Acts of Kindness by Melader and Hanoch McCarty © 1994
(How to create planned acts of kindness) ★ Now out of print

I have read these.
VERY inspiring!

Good for specific purposes

Too "academic"
and boring
for me

Good but
OUT OF
PRINT

REFERENCES

On Internet:

There are MANY sites dealing with Kindness -- you could be days looking through them all. Here are a few I found.

- 1) Random Acts of Kindness Foundation
 - Sponsors Random Acts of Kindness Day each year
 - Has programs & materials to introduce children to how and why to do acts of kindness
 - 2) Kindness.org
 - Research and motivate groups to take action and build kinder communities
 - Offers book "Be Kind" 52 week program with stories, suggestions, quotes
 - 3) Search on Google: "Videos about kindness"
 - Almost endless videos showing kindness
 - 4) Search on Google: "Does Kindness Matter?"
 - Similar to above, but explains impacts on individuals and communities when kindness is done.
 - 5) KIND Movement, KIND Foundation
 - KIND sells healthy snacks and the foundation awards grants to community efforts to spread kindness
 - Has helped supply protective equipment to health workers.
 - Is investing \$20 million to teach kids empathy
- Try it out, I'm sure there are many more sites.
- Remember to not only watch, but DO kindness - daily.