

## Twelve steps to a compassionate life

Armstrong, Karen, author

Deskripsi Lengkap: <https://lib.ui.ac.id/detail?id=20452641&lokasi=lokal>

---

### Abstrak

Taking as her starting point the teachings of the great world religions, Karen Armstrong demonstrates in twelve practical steps how we can bring compassion to the forefront of our lives. Armstrong argues that compassion is inseparable from humanity, and by transcending the limitations of selfishness on a daily basis we will not only make a difference in the world but also lead happier, more fulfilled, lives.