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Adam Phillips, Barbara Taylor

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Kindness is the foundation of the world's great religions and most-enduring philosophies. Why, then, does being kind feel so dangerous? If we crave kindness with such intensity, why is it often the last pleasure we permit ourselves? And why?despite our longing?are we often suspicious when we are on the receiving end of it?

Drawing on intellectual history, literature, psychoanalysis, and contemporary social theory, this brief and essential book will return to its readers what Marcus Aurelius declared was mankind's "greatest delight": the intense satisfactions of generosity and compassion.

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