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Imagine if one simple question could change your life...and your world. Awakening the reader like caffeine for the heart, am I being kind revives the spirit and blazes a direct path to a more peaceful and kindhearted world. In this captivating guide to personal transformation, author and inspirational speaker Michael J. Chase reveals how one simple question has the power to change your life and the lives of those around you. As you ask, “am I being kind” in seven vital areas of your life, you discover the secret to creating unlimited joy, inner peace, and the life you’ve always dreamed of. Having experienced the “art of unkindness” throughout much of his life, Michael shares his own journey of self-discovery and the lessons learned from unlikely spiritual teachers along the way. Through riveting true stories and a unique step-by-step program, am I being kind shows you how the astonishing power of kindness can change your heart, your life, and ultimately, your world.

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