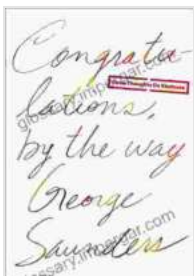


# Congratulations, By the Way: Some Thoughts on Kindness

By Elizabeth Gilbert

In this inspiring and thought-provoking book, Elizabeth Gilbert explores the power of kindness and its ability to change our lives and the world around us. Through personal stories, anecdotes, and research, Gilbert shows us how kindness can create a ripple effect of positive change and how it can help us to connect with others and build a more compassionate society.



## Congratulations, by the way: Some Thoughts on

**Kindness** by George Saunders

★★★★☆ 4.6 out of 5

Language	: English
File size	: 15367 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 65 pages



Gilbert begins by sharing her own experiences with kindness, both as a recipient and as a giver. She tells stories of strangers who have shown her kindness, even in the most difficult of times. She also shares stories of how she has tried to be kind to others, and how those acts of kindness have made a difference in her own life and in the lives of those around her.

Gilbert argues that kindness is not just a nice thing to do, but that it is essential for our well-being and for the health of our society. She cites research that shows that kindness can reduce stress, improve our physical and mental health, and make us happier. Kindness can also help to build stronger relationships, create more cohesive communities, and reduce violence and conflict.

Gilbert believes that kindness is a powerful force for good in the world. She writes, "Kindness is the antidote to fear. It is the bridge that connects us to one another. It is the light that shines in the darkness." She encourages us all to be more kind to ourselves and to others, and to make kindness a priority in our lives.

Congratulations, By the Way is a beautiful and inspiring book that will change the way you think about kindness. Gilbert's writing is clear, concise, and engaging, and she has a gift for storytelling. She makes a compelling case for the power of kindness, and she provides us with the tools we need to be more kind to ourselves and to others.

I highly recommend this book to anyone who is interested in learning more about kindness and its role in our lives. Congratulations, By the Way is a book that will stay with you long after you finish it.

## **Reviews**

"Congratulations, By the Way is a timely and important book. Elizabeth Gilbert writes with clarity, compassion, and humor about the power of kindness. This book will inspire you to be more kind to yourself and to others, and it will help you to create a more compassionate world." - Oprah Winfrey

"Elizabeth Gilbert is a master storyteller, and in *Congratulations, By the Way*, she uses her gifts to explore the transformative power of kindness. This book is a must-read for anyone who wants to live a more meaningful and fulfilling life." - Brené Brown

"*Congratulations, By the Way* is a beautiful book that will make you laugh, cry, and think. Elizabeth Gilbert is a wise and compassionate guide, and she offers us a powerful vision of how kindness can change the world." - Maria Shriver

## About the Author

Elizabeth Gilbert is the author of the #1 New York Times bestsellers *Big Magic*, *City of Girls*, and *Eat, Pray, Love*. She has also written the novels *Stern Men*, *The Signature of All Things*, and *The Last American Man*. Her work has been translated into more than thirty languages and has sold more than fifteen million copies worldwide. Gilbert has been featured on *The Oprah Winfrey Show*, *The Today Show*, and *Good Morning America*, and she has given talks at TED, Google, and The White House. She lives in New York City.

## Buy the Book



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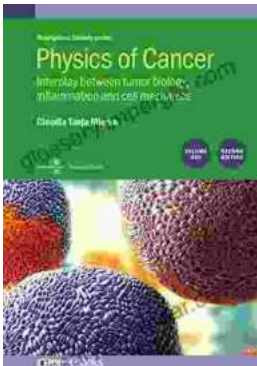
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