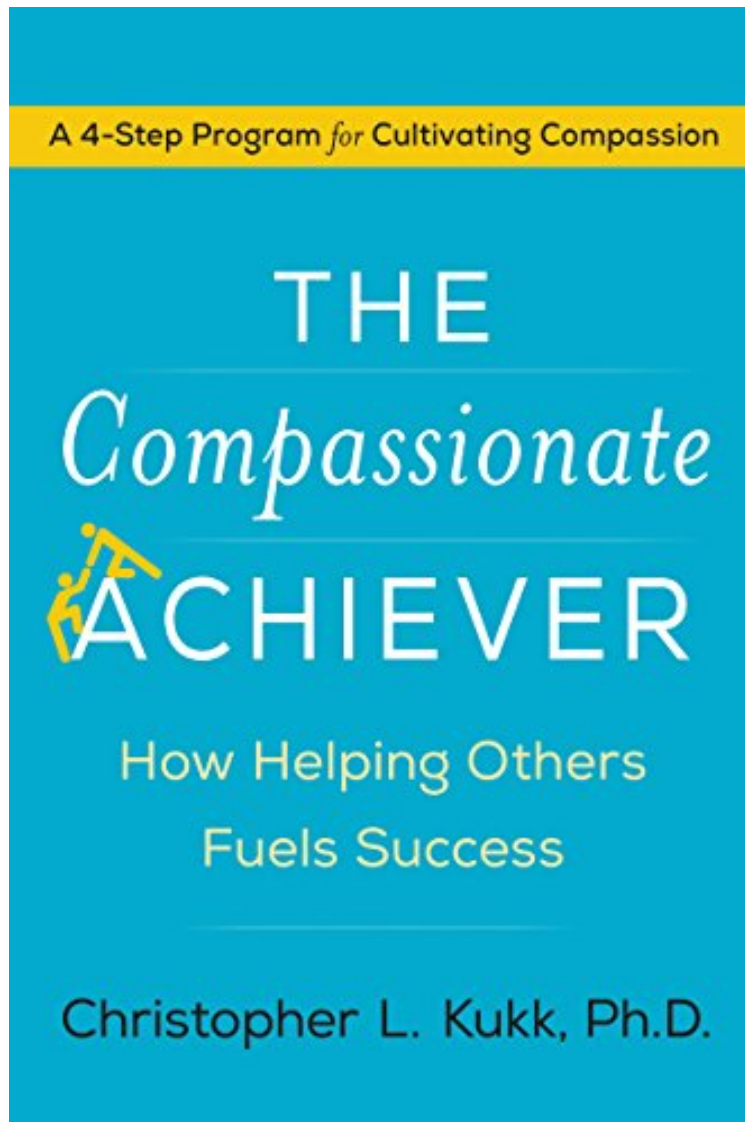


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The Compassionate Achiever: How Helping Others Fuels Success

Christopher L. Kukk

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Christopher L. Kukk : The Compassionate Achiever: How Helping Others Fuels Success before purchasing it in order to gage whether or not it would be worth my time, and all praised The Compassionate Achiever: How Helping Others Fuels Success:

0 of 0 people found the following review helpful. Loved this book!By Claudia LarssonDr Kukk is a one of those rare authors that you feel you "know" by just reading the book. His compassion and brilliance come through with the first page. It is a message whose time has come. This book should be part of any curriculum from educators to business professors. We all need this!0 of 0 people found the following review helpful. He explains to the head what the heart already knowsBy Rebecca DevineFrom the time we are old enough to understand, we are schooled in the art of

success and getting ahead and that success always seemed to be at another's expense. Dr. Kukkk lays out the facts that allow us to follow our nature and be compassionate while still being successful. He explains to the head what the heart already knows and gives us the tools to unravel the falsehood of a dog eat dog world. This book is a timely gift to a hurting society. 1 of 1 people found the following review helpful. Heartwarming, but not very scientific By FCRichelieuIt is heartwarming to read about compassion, human decency, civility, courtesy, etc. I also find linking compassion to success curious, but interesting. There are, nevertheless, a couple of points that kept popping up in my mind as I read through the book. First, the author refers at the start of the book to latest findings in neuroscience that show different parts of the brain responsible for empathy and compassion. He also states, without explaining, that empathy is not sustainable, and would give rise to burnout. That got me looking out for discussion on how one could guard against burning out from empathy, while using compassion to achieve. Alas, that was not to be. In the great deal of discussion that the author devotes to about communicating and networking with compassion, it would appear to me that they are simply ideas about having empathy. Therein lies my first disappointment. Second, the author refers liberally to a wide range of disciplines: neuroscience, quantum physics, psychology, literature, movies, and others. This enriches and makes his discussion more lively. However, he often quotes without going into the context in which experiments or studies have been carried out. Such quoting out of context does not allow the reader to judge for himself/herself how well, or otherwise, his references apply to the current context. I must say that his presentation is not very scientific.

A powerful, practical guide for cultivating compassion—the scientifically proven foundation for personal achievement and success at work, at home, and in the community. For decades, we've been told the key to prosperity is to look out for number one. But recent science shows that to achieve durable success, we need to be more than just achievers; we need to be compassionate achievers. New research in biology, neuroscience, and economics have found that compassion—recognizing a problem or caring about another's pain and making a commitment to help—not only improves others' lives; it can transform our own. Based on the most recent studies from a wide range of fields, *The Compassionate Achiever* reveals the profound benefits of practicing compassion including more constructive relationships, improved intelligence, and increased resiliency. To help us achieve these benefits, Christopher L. Kukkk, the founding Director of the Center for Compassion, Creativity and Innovation, shares his unique 4-step program for cultivating compassion. Kukkk makes clear that practicing compassion isn't about being a martyr or a paragon of virtue; it's about rejecting rage and indifference and choosing instead to be a thoughtful, caring problem-solver. He identifies the skills every compassionate achiever should master—listening, understanding, connecting, and acting—and outlines how to develop each, with clear explanations, easy-to-implement strategies, actionable exercises, and real-world examples. With *The Compassionate Achiever* everyone wins—we can each achieve success in our own lives and create more productive workplaces, and healthier, less violent communities.

An inspiration and a treasure. Providing practical ways to nourish compassion, it offers an empowering action plan for success, understanding, and healing. I know it will have a meaningful impact on the teachers with whom I work and the community and nation at large. (Maya Soetoro-Ng, founder, Ceeds of Peace and Director of Community Outreach and Global Learning, Matsunaga Institute for Peace) A must-read! Compassion drives kindness and teamwork and leads to problem solving and ultimately, success. Educators, healthcare workers, grassroots organizers alike need to share these principles. Business people and faith leaders need to mentor these skills—we all do. (Marilyn Turkovich, Director, Charter for Compassion International) Compassion benefits the giver and the receiver. Relationships prolong lives and are what we are all here to experience. Love is the only thing of permanence. Read *The Compassionate Achiever* and learn to be compassionate to yourself, your body, and all life. (Bernie Siegel, M.D., author of *The Art of Healing* and *A Book of Miracles*) By following his suggestions, we can learn to cultivate compassion and reap the benefits for our productivity, our mental health, and our organizations. (The Greater Good) [The Compassionate Achiever] gives us very pragmatic how-tos for how to live a life that has compassion at its core. (Emma Seppala, *Psychology Today*) Bolstered with concrete advice and encouragement to nurture emotional intelligence, [The Compassionate Achiever] is a needed reminder that compassion isn't a passive characteristic but requires us to actually act to help each other. (Publishers Weekly) Kukkk maintains that compassion and a commitment to helping others actually leads to more constructive relationships, improved intelligence, and increased resiliency. Kukkk's message and steps can provide effective tools to promote more productive workplaces and healthier communities. (Library Journal) From the Back Cover For decades, we've been told the key to prosperity is to look out for number one. But recent science shows that to achieve durable success, we need to be more than just achievers; we need to be compassionate achievers. New research in biology, neuroscience, and economics has found that compassion—recognizing a problem or caring about another's pain and making a commitment to help—not only improves others' lives; it can transform our own. Based on the most recent studies from a

wide range of fields, *The Compassionate Achiever* reveals the profound benefits of practicing compassion, including more constructive relationships, improved intelligence, and increased resiliency. To help us attain these benefits, Christopher L. Kukk, Ph.D., the founding director of the Center for Compassion, Creativity and Innovation, shares his unique program for cultivating compassion. He identifies the four skills every compassionate achiever should master . . . LISTENING to identify the problem or challenge UNDERSTANDING to discover what options can help CONNECTING to capabilities that can address the issue or obstacle ACTING to solve. . . and outlines how to develop each with clear explanations, easy-to-implement strategies, actionable exercises, and real-world examples. With *The Compassionate Achiever* we can achieve success in our own lives and create more productive workplaces and healthier, less violent communities.

About the Author Rick Adamson is an award-winning voice artist with more than twenty years' experience in voiceovers, spoken word events, event announcing, and children's media, as well as commercials for well-known international corporations. He has narrated numerous television and film documentaries, including *Croatia*, co-narrated with Martin Sheen. His audiobook narration includes more than two dozen major books, as well as dozens of early-reader titles for juveniles. He won the prestigious Audie Award in 2011 for Best Inspirational/Faith-Based Fiction for *In a Heartbeat*, and he was among the finalists for the 2006 Audie Award for Best Personal Development/Motivational Work for *Younger Next Year*. He earned an AudioFile Earphones Award for the ensemble narration of *Rough Water*.