

# karen armstrong twelve steps to a compassionate life

Karen Armstrong Twelve Steps to a Compassionate Life: Embracing Empathy in Everyday Living

**karen armstrong twelve steps to a compassionate life** offers a thoughtful and practical guide to cultivating a deeper sense of empathy and kindness in a world often marked by division and misunderstanding. Karen Armstrong, a renowned author and religious scholar, explores how compassion can be a transformative force—not only in our personal lives but also within our communities and across cultures. Her twelve steps serve as a roadmap for anyone seeking to live more compassionately, helping us understand the importance of empathy, patience, and mindfulness in fostering genuine human connection.

Understanding Compassion Through Karen Armstrong's Lens

Karen Armstrong's work is grounded in the belief that compassion is not merely a feeling but an active practice that requires conscious effort and commitment. In her book *\*Twelve Steps to a Compassionate Life\**, she distills wisdom from various spiritual traditions, philosophy, and modern psychology to present a universal approach to compassion. Rather than advocating for blind sympathy, Armstrong encourages readers to develop a nuanced understanding of others' experiences and to act in ways that alleviate suffering.

What sets Armstrong's twelve steps apart is their accessibility—they are designed to be integrated into daily routines, making the pursuit of compassion a lived experience rather than an abstract ideal. This practical approach resonates deeply in today's fast-paced world, where acts of kindness can often be overshadowed by stress and distraction.

## The Core Principles Behind Karen Armstrong's Twelve Steps

At the heart of Armstrong's twelve steps is the idea that compassion begins with self-awareness and extends outward to others. This progression from self-compassion to global empathy is fundamental to her philosophy.

## Recognizing Our Shared Humanity

One of the first steps emphasizes the importance of seeing others as fundamentally like ourselves. This recognition helps break down barriers of prejudice and fear. Armstrong reminds us that despite our differences—whether cultural, religious, or ideological—we all experience pain, joy, fear, and hope. This shared humanity is the foundation of compassion.

## **Practicing Patience and Forgiveness**

Compassion requires patience, especially when dealing with difficult people or situations. Armstrong encourages readers to practice forgiveness, which doesn't mean excusing harmful behavior but rather freeing oneself from bitterness. By cultivating patience, we allow space for empathy to grow, which can lead to healing and reconciliation.

## **Engaging in Mindful Listening**

Another vital step is learning to listen deeply without judgment. Mindful listening helps us understand others' perspectives more fully and respond with kindness. Armstrong points out that in today's noisy world, truly listening can be a radical act of compassion.

## **How to Implement Karen Armstrong's Twelve Steps in Daily Life**

Turning theory into practice can sometimes be challenging, but Armstrong's twelve steps come with actionable advice that makes compassion tangible.

## **Start With Small Acts of Kindness**

Compassion doesn't require grand gestures. Simple actions—holding the door open, offering a smile, or checking in on a friend—can ripple outward and create a more compassionate environment. Armstrong highlights that these small acts build our capacity for empathy over time.

## **Develop Self-Compassion**

Before we can fully extend compassion to others, Armstrong stresses the need to be kind to ourselves. Practicing self-compassion means acknowledging our own struggles without harsh judgment. This step helps prevent burnout and fosters emotional resilience.

## **Expand Your Circle of Concern**

The twelve steps encourage gradually widening the scope of compassion—from family and friends to strangers and even those we may consider adversaries. Armstrong's approach challenges us to see compassion as a universal ethic that transcends boundaries.

## **Insights and Reflections on the Impact of Compassion**

Karen Armstrong's twelve steps do more than just promote kindness; they inspire a fundamental shift in how we relate to the world.

## **Compassion as a Response to Modern Challenges**

In an era marked by political polarization, social injustice, and environmental crises, compassion provides a crucial antidote to apathy and hostility. Armstrong's framework helps individuals cultivate empathy that can translate into social action and advocacy.

## **The Psychological Benefits of Compassion**

Scientific studies increasingly support the idea that practicing compassion can improve mental health. Armstrong's steps align with findings that compassion reduces stress, enhances emotional well-being, and strengthens social bonds.

## **Building Compassionate Communities**

When individuals commit to living compassionately, the effects multiply within their communities. Armstrong's twelve steps foster a culture of understanding and cooperation, which can lead to more peaceful and supportive societies.

## **Further Exploring Karen Armstrong's Work on Compassion**

For those inspired by the twelve steps, delving deeper into Armstrong's broader body of work offers even richer insights. Her books and lectures often explore the role of compassion across different religious traditions, emphasizing common values that unite humanity.

## **Interfaith Perspectives on Compassion**

Armstrong's scholarship highlights how compassion is a central tenet in Christianity, Buddhism, Islam, Judaism, and other faiths. This interfaith approach encourages respect and dialogue among diverse communities.

## **The Role of Storytelling and Myth**

Another fascinating element in Armstrong's teachings is the use of stories and myths to illustrate compassion. These narratives help us connect emotionally with the experiences of others and inspire compassionate action.

Living out the twelve steps Karen Armstrong outlines is a journey rather than a destination. It invites ongoing reflection, humility, and a willingness to grow. By embracing this path, anyone can contribute to a kinder, more empathetic world—one compassionate step at a time.

## **Frequently Asked Questions**

### **Who is Karen Armstrong, the author of 'Twelve Steps to a Compassionate Life'?**

Karen Armstrong is a British author and commentator known for her books on comparative religion, including 'Twelve Steps to a Compassionate Life,' where she explores the practice of compassion in everyday life.

### **What is the main theme of 'Twelve Steps to a Compassionate Life' by Karen Armstrong?**

The main theme of the book is cultivating compassion as a practical and transformative approach to living, emphasizing empathy, understanding, and kindness towards oneself and others.

### **What inspired Karen Armstrong to write 'Twelve Steps to a Compassionate Life'?**

Karen Armstrong was inspired by her lifelong study of religion and her belief that compassion is a universal value that can help heal divisions and foster peace in society.

## **What are the 'twelve steps' mentioned in Karen Armstrong's book?**

The twelve steps are practical exercises and reflections designed to help individuals develop compassion, such as practicing empathy, understanding others' suffering, and overcoming self-centeredness.

## **How does Karen Armstrong define compassion in her book?**

Karen Armstrong defines compassion as the recognition of suffering in oneself and others, coupled with the desire to alleviate that suffering through kindness and understanding.

## **Can 'Twelve Steps to a Compassionate Life' be applied in daily life?**

Yes, the book provides actionable steps and reflections that readers can incorporate into their daily routines to foster greater empathy and compassionate behavior.

## **Does Karen Armstrong incorporate religious teachings in 'Twelve Steps to a Compassionate Life'?**

While Armstrong draws on insights from various religious traditions, the book is designed to be accessible and relevant to people of all faiths and none, focusing on universal principles of compassion.

## **What impact has 'Twelve Steps to a Compassionate Life' had on readers and communities?**

The book has encouraged many readers and communities to engage in compassionate practices, promoting social harmony, personal growth, and a deeper understanding of interconnectedness.

## **Where can I find resources or groups to practice the twelve steps from Karen Armstrong's book?**

Resources and groups can often be found through online forums, book clubs, spiritual centers, or organizations dedicated to compassion and mindfulness that may use Armstrong's twelve steps as a framework.

## **Additional Resources**

Karen Armstrong Twelve Steps to a Compassionate Life: An In-Depth Exploration

**karen armstrong twelve steps to a compassionate life** presents a profound framework aimed at fostering empathy, understanding, and kindness in an increasingly fragmented world. As a renowned author and scholar of religion, Karen Armstrong draws upon her extensive knowledge of spiritual traditions to outline

practical steps that encourage individuals to cultivate compassion in their daily lives. Her approach transcends religious boundaries, offering a universally accessible guide that resonates with readers seeking meaningful ways to connect with others and address societal challenges.

## Understanding Karen Armstrong's Vision of Compassion

Karen Armstrong's twelve steps to a compassionate life are not merely theoretical musings but are rooted in a deep understanding of human psychology, spirituality, and ethics. Compassion, as Armstrong defines it, is the ability to recognize suffering in others and to take action to alleviate it. This concept, while simple in theory, requires deliberate effort and self-reflection to integrate into one's behavior consistently.

Armstrong's work stands out because it bridges the gap between ancient wisdom and contemporary life. Her steps draw on insights from Buddhism, Christianity, Islam, and other major faiths, illustrating how compassion has been a central theme throughout human history. By synthesizing these perspectives, she provides a roadmap that is both inclusive and practical, making the pursuit of compassion accessible to a broad audience.

## The Importance of Compassion in Modern Society

In an era characterized by political polarization, social isolation, and widespread anxiety, compassion is increasingly recognized as a vital social glue. Karen Armstrong's twelve steps offer a timely response to these challenges by emphasizing empathy as a means to build bridges rather than walls. Studies in psychology support this view, showing that compassionate behavior can lead to improved mental health, stronger relationships, and more cohesive communities.

By encouraging individuals to adopt compassionate practices, Armstrong's framework promotes a shift from self-centeredness to outward concern. This shift is essential for addressing systemic issues such as inequality, discrimination, and environmental degradation. Compassion, therefore, is not only a personal virtue but also a catalyst for social transformation.

## Dissecting the Twelve Steps to a Compassionate Life

Karen Armstrong's twelve steps are carefully crafted to guide readers through a process of self-awareness and outward engagement. Each step builds upon the previous one, fostering a comprehensive understanding of compassion that goes beyond fleeting emotions.

1. **Recognize the Suffering of Others:** Awareness is the foundation of compassion. Armstrong urges

readers to acknowledge pain and hardship in their communities and beyond.

2. **Develop Empathy:** Understanding others' feelings is crucial. Empathy allows individuals to connect emotionally with those who suffer.
3. **Practice Mindfulness:** Being present and attentive helps cultivate a compassionate mindset free from judgment.
4. **Listen Deeply:** Genuine listening fosters trust and opens pathways to healing.
5. **Challenge Prejudices:** Breaking down biases is essential for authentic compassion.
6. **Engage in Acts of Kindness:** Small, intentional actions can alleviate suffering and inspire others.
7. **Foster Forgiveness:** Letting go of resentment contributes to personal peace and communal harmony.
8. **Build Community:** Compassion thrives in supportive, inclusive environments.
9. **Promote Social Justice:** Addressing systemic inequality aligns compassion with action.
10. **Encourage Dialogue:** Open conversations bridge divides and deepen understanding.
11. **Commit to Personal Growth:** Ongoing self-reflection strengthens compassionate capacities.
12. **Embrace Spiritual Practices:** For many, spirituality provides sustenance and motivation for compassion.

## Comparative Insights: Armstrong's Approach vs. Other Compassion Frameworks

Karen Armstrong's twelve steps distinguish themselves through their interfaith inclusivity and pragmatic orientation. Unlike some models that emphasize either psychological techniques or religious devotion exclusively, Armstrong's framework integrates both elements. For instance, mindfulness, a practice popularized by secular psychology, appears alongside spiritual disciplines such as forgiveness and community building.

This synthesis allows her approach to appeal to a diverse readership, from secular humanists to devout believers. Moreover, while some compassion models focus narrowly on individual well-being, Armstrong explicitly links compassion with social justice, underscoring the necessity of addressing systemic causes of suffering.

# Practical Applications of the Twelve Steps

Implementing Karen Armstrong's twelve steps requires intentionality and commitment. The framework encourages readers to move beyond passive sympathy to active compassion, which has tangible benefits for both individuals and society.

## Integrating Compassion in Daily Life

Practical exercises aligned with Armstrong's steps include:

- **Mindful Observation:** Take moments throughout the day to observe others' experiences without judgment.
- **Empathetic Listening:** Engage in conversations with the goal of understanding rather than responding.
- **Random Acts of Kindness:** Perform small, unexpected gestures to ease others' burdens.
- **Community Involvement:** Volunteer or participate in local initiatives that promote inclusivity and support.

These actions help embed compassion into daily routines, creating ripple effects that extend beyond individual interactions.

## Challenges and Criticisms

While Karen Armstrong's twelve steps offer a compelling vision, they are not without challenges. Critics argue that the framework may be idealistic, given the complexities of human nature and societal structures. For example, deeply ingrained prejudices and systemic injustices are difficult to dismantle solely through individual efforts.

Furthermore, some readers may find the spiritual aspects less accessible or relevant, especially in secular contexts. Balancing universal principles with personal beliefs requires careful navigation, which might limit the appeal for certain audiences.

Despite these concerns, the twelve steps remain a valuable tool for those committed to personal and social

transformation.

## The Broader Impact of Armstrong's Compassion Framework

Karen Armstrong's work contributes significantly to contemporary discussions on empathy and social cohesion. By articulating a clear, actionable path toward compassion, she inspires readers to reconsider their relationships with others and the world around them.

Her twelve steps have influenced educators, policymakers, and community leaders seeking to foster more compassionate environments. Educational programs incorporating her ideas have reported improvements in student behavior and social awareness, demonstrating the practical utility of her approach.

Moreover, in a global context marked by conflict and division, Armstrong's emphasis on dialogue and forgiveness offers hope for reconciliation and peacebuilding efforts.

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Karen Armstrong's twelve steps to a compassionate life stand as a thoughtful and inclusive guide that challenges individuals to cultivate empathy and take meaningful action. Rooted in both ancient wisdom and modern understanding, her framework addresses the personal and societal dimensions of compassion, making it a relevant and powerful resource for anyone dedicated to creating a more humane world.

## [Karen Armstrong Twelve Steps To A Compassionate Life](#)

**karen armstrong twelve steps to a compassionate life: Twelve Steps to a Compassionate Life** Karen Armstrong, 2010-12-28 Karen Armstrong explains how to practise the religion of compassion that her last books have preached. In November 2009 Armstrong and TED launched The Charter of Compassion, which states that We call upon all men and women to restore compassion to the centre of morality and religion...to cultivate an informed empathy with the suffering of all human beings — even those regarded as enemies. To date, it's been signed by over 48,000 people on the Web, including such figures as The Dalai Lama and Queen Noor, Dave Eggers and Meg Ryan. ([www.charterforcompassion.org](http://www.charterforcompassion.org)) Out of the ideals of that Charter has come this humane, accessible, indispensable short book for our times.

**karen armstrong twelve steps to a compassionate life: Twelve Steps to a Compassionate Life** Karen Armstrong, 2011-12-27 One of the most original thinkers on the role of religion in the modern world—author of such acclaimed books as *A History of God*, *Islam and Buddha*—now gives us an impassioned and practical book that can help us make the world a more compassionate place. In *Twelve Steps to a Compassionate Life*, Armstrong suggests concrete ways of enhancing our compassion and putting it into action in our everyday lives. Throughout, Armstrong makes clear that a compassionate life is not a matter of only heart or mind but a deliberate and often life-altering commingling of the two. In November 2009 Armstrong and TED launched The Charter for Compassion ([www.charterforcompassion.org](http://www.charterforcompassion.org)), which calls upon all men and women to restore

compassion to the centre of morality and religion . . . to cultivate an informed empathy with the suffering of all human beings—even those regarded as enemies. To date, it's been signed by over 48,000 people, including such figures as The Dalai Lama and Queen Noor, Dave Eggers and Meg Ryan. Out of the ideals of that Charter has come this humane, accessible, indispensable short book for our times.

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**karen armstrong twelve steps to a compassionate life:** *The Compassion Quest* Trystan Owain Hughes, 2013-02-21 In this follow-up to his much praised Finding Hope and Meaning in Suffering, Trystan Owain Hughes encourages us to develop an approach to life that looks beyond our own concerns. Using illustrations from poetry, literature and film, and drawing on contemporary scientific thought, the author makes plain that our natural state is an interconnected harmony with God, with each other and with the world around us. Gradually we come to realize that loving others and desiring the best for them is worthwhile, even when there seems to be little in it for us. Just as Christ chose to humble himself and become 'God with us', so we too will bring light to the lives of those around us by transcending our self-centredness and becoming fully present to those in need. And as we begin to attune ourselves to love's frequency, our inner being will instinctively embrace all creation as sacred and deserving of our care and attention.

**karen armstrong twelve steps to a compassionate life:** Six Stages on the Spiritual Path Ruth Whitney, 2021-05-21 In Six Stages on the Spiritual Path, we learn about spirituality and its stages as well as how spirituality helps to reduce our suffering and create more love. Writings from ancient to contemporary mystics across the world provide us with practical and spiritual wisdom that will make our lives happier and more loving. In the first stage on the mystic way, children experience awe and wonder, but they do not realize that this is a spiritual experience. While all indigenous people recognize awe as a mystical experience, only some adults and most artists do. When parents and religious leaders teach children about God, they cause their spiritual growth to flourish or to become stunted at an elementary school level. Awakening is an experience of the Divine that helps us realize that the Sacred Spirit is within us and loves us. Awakening produces love for our neighbors and ourselves. Then love nurtures more awakenings. Illumination and union are deeper mystical experiences that the Holy One is not only within all of us and all of creation, but also that we are within the ONE. Illumination creates more love for all people and all the universe.

**karen armstrong twelve steps to a compassionate life:** *Fullness of Life and Justice for All* Thomas Eggensperger, Ulrich Engel, Manuela Kalsky, Ellen Van Stichel, 2020-09-01 Poverty, inequality, violent conflicts, climate change, migration, racism, burn-out are just a few of the symptoms showing how living life to the fullest is out of reach for so many people in our world. Is, then, seeking 'fullness of life and justice for all' not a too ambitious project? For nothing less than the wellbeing of humanity - and in extension, the whole of creation - is at stake. On the other hand, we see people responding, acting and struggling for justice, liberation and a more sustainable world.

How to make sense of the ideas of fullness of life and justice for all, in light of the many crises humanity currently faces but also the glimpses of positive and hopeful responses? Even more so, how to make sense theologically? In this volume twenty authors reflect on how the notions of fullness of life and justice for all are theoretically conceived and have practically taken form from within Dominican theology and spirituality. The contributions on youth spirituality, contemplation, art as a means to community building, gender, pluralization, populism and management discuss the fullness of life in both its material and spiritual dimensions. The question on justice for all is raised in confrontation with issues such as poverty, migration, ecological threats and the role of virtues in society. In this way, the book aims to uncover a variety of Dominican perspectives as valuable contributions to a broader dialogue on the fullness of life and justice for all.

**karen armstrong twelve steps to a compassionate life: Exploring Islam** Salih Sayilgan, 2021 Exploring Islam is a comprehensive yet accessible introduction to the foundations of the Islamic faith, including its history, theology, and spiritual practice. The book also deals with issues such as jihad, the status of women, and the various sectarian divisions in Islam. Most distinctive about this work is its analysis of the lived experience of Muslims in modern American life. The book explores questions such as: - What are the foundations of Islam? - How do Muslims relate to and interpret the Qur'an? - Who is the Prophet Muhammad? - What does Shari'a law really mean? - What are the major themes of Islamic theology? - What are the theological and political issues that led to divisions among Muslims? - Do Muslims and Christians believe in the same God? - How do Muslims practice Islam in America? - What are the challenges and opportunities for American Muslims? In addressing these questions, Sayilgan offers readers a perspective that is scholarly, judicious, and engaging.

**karen armstrong twelve steps to a compassionate life: The Seven Steps of Agape Prayer** Robert A. West, 2013-05-24 What is agape? How does it help us be what we were created to be? Can it fulfill our spiritual development? In The Seven Steps of Agape Prayer, a path is shown to bring Gods gift of agape fully into a persons consciousness in a powerful, liberating way. Then readers are offered steps to enter into the spreading of the spiritual power of agape to friends, family, communities, and even enemies. There are illustrations from the authors life, the events of other peoples lives, and historical events.

**karen armstrong twelve steps to a compassionate life: A Different Way** Roger Payne, 2015-03-27 There is an urgent need for more debate and discussion in our churches because the integrity and credibility of our faith is at risk. Our integrity is at risk because it is not clear that we understand what it is that we profess. Our credibility is at risk because we seem unable to communicate it. We need to engage more actively at the intellectual level and to be willing to examine the fundamentals of our faith more critically. And such discussion must start with a human rather than a divine perspective. It is as human beings that we are embodied as persons, it is as human beings that we engage with the world around us, and it is as human beings that we form relationships with the rest of the created order. And it is as a human being that that which we understand as God was embodied in the form of Jesus of Nazareth, thereby placing humanity at the pinnacle of creation and giving humanity the responsibility for the stewardship of the created order.

**karen armstrong twelve steps to a compassionate life: Change for the Better** Elizabeth Wilde McCormick, 2012-04-23 Change for the Better is for anyone interested in making lasting changes in both their inner and outer lives. It uses a conversational style to help readers identify their own learned patterns of thinking and relating that underlie and contribute to emotional suffering such depression, anxiety, phobia, eating disorders, relationship and psychosomatic problems. It shows readers how to reflect upon their difficulties, identify problems in relating, and stop and revise attitudes that are out of date. Mindfulness- based experiential exercises are incorporated throughout to help nourish self awareness and change. This bestselling book has helped many people find ways of dealing with everyday emotional difficulties, and also practitioners of psychotherapy work with their patients. It's continuing popularity has prompted this fourth edition which features up to date thinking and practice from Cognitive Analytic Psychotherapy and

from mindfulness. Elizabeth Wilde McCormick has been in practice as a psychotherapist for over thirty years. She is also a teacher, trainer and writer. She is a founder member of The Association for Cognitive Analytic Therapy at Guy's Hospital, London, and the author of a number of best-selling self-help books.

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**karen armstrong twelve steps to a compassionate life:** *Present-Day Spiritualities* , 2013-10-10 Many forms of present-day Western spirituality contribute to people's well-being, whereas others have raised criticism. The study of these different forms is, however, complicated by their continuously diverging practices and ideas. By bringing to bear a multidisciplinary approach, the ten specialists of this volume are able to analyze diverse new instances of spirituality, e.g. in religious contexts (Buddhism, Christianity), popular use, organizations and enterprises, (alternative) health service, and works of art. Most contributions also discuss methods and theories. In their editorial chapters, Elisabeth Hense, Frans Jespers and Peter Nissen show the remarkable overlaps in the approaches, definitions and evaluations of the contributions in this volume and provide a theoretical framework. Both the fresh analyses and the theoretical reflections in this volume point the way to new approaches in this field of study. Contributors include: Jerry Biberman, Mark Elliott, Miguel Farias, Johan Goud, Paul Heelas, Elisabeth Hense, Frans Jespers, Hubert Knoblauch, Peter Nissen, Paul van der Velde

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is and will continue to be extremely pertinent in the world of dispute resolution. Edited by Singapore's leading expert on mediation and negotiation, Professor Joel Lee (National University of Singapore, Faculty of Law), the Chief Executive Officer of SIMI, Mr. Marcus Lim, and Assistant Professor Dorcas Quek-Anderson (Singapore Management University, Faculty of Law), CIIM Volume 5 is a unique and valuable addition to the growing body of literature in mediation and dispute resolution.

**karen armstrong twelve steps to a compassionate life: Integrative Spirituality** Patrick J. Mahaffey, 2018-10-26 In *Integrative Spirituality*, Patrick J. Mahaffey elucidates spirituality as a developmental process that is enhanced by integrating the teachings and practices of multiple religious traditions, Jungian depth psychology, and contemplative yoga. In the postmodern world of religious pluralism, Mahaffey compellingly argues that each of us must fashion a unique path to wholeness which integrates aspects of life and of the self that have become disconnected and disowned. Integrative Spirituality uniquely conjoins four components: exemplary religious pluralists from three traditions, individuation, the forms of contemplative Hindu yoga that have been successfully transmitted to the West, and a presentation of two models for integrating psychological growth and spiritual awakening. The book presents pioneering practitioners in each field who exemplify how we may fashion our own approach to integrating both spiritual awakening and psychological development and delineates an array of spiritual practices that integrate the somatic, psychological, interpersonal, and spiritual aspects of life. Ultimately, Mahaffey contends that integrative spirituality is a mode of being that fully embraces the divinity inherent in each of us and in the world. *Integrative Spirituality* will be essential reading for academics and students of Jungian and post-Jungian studies, transpersonal and Jungian psychology, and religious studies and contemplative education. It will also be of interest to analytical and depth psychologists in practice and in training, and to anyone seeking a greater understanding of spirituality, psychological growth, religious traditions, individuation, and contemplative yoga.

**karen armstrong twelve steps to a compassionate life: The Fog of Peace** Gabrielle Rifkind, Giandomenico Picco, 2013-12-17 Institutions do not decide whom to destroy or to kill, whether to make peace or war; those decisions are the responsibility of individuals. This book argues that the most important aspect of conflict resolution is for antagonists to understand their opponents as individuals, their ambitions, their pains, the resentments that condition their thinking and the traumas they do not fully themselves grasp. Gabrielle Rifkind and Giandomenico Pico here present two very different experiences of international relations - Rifkind as a psychotherapist now immersed in the politics of the Middle East, and Picco as a career diplomat with a long and successful record as a negotiator at the UN. Should we talk to the enemy? What happens if the protagonists are nasty and brutish, tempting policy-makers to retaliate? How do nations find the capacity not to hit back, trapping themselves in endless cycles of violence? Presenting a unique combination of psychological theories, geopolitical realities and first-hand peace-making experience, this book sheds new light on some of the worst conflicts in the modern world and demonstrates, above all, how empathy can often be far more persuasive than the most fearsome weapons. By exploring the question of intervention versus non-intervention, and examining how the changing nature of warfare and technology has both armed the warmonger, whilst empowering the individual through social media, this is a highly topical, comprehensive overview on international diplomacy and the complexities of peace-making.

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God’s transformational agenda of cosmic whole-making, this being the way in which everything that exists becomes whole in Christ. This book does not offer gems of wisdom. Instead, it seeks to facilitate the awakening of your heart and transformation of your consciousness that will allow wisdom to flow from depths.

**karen armstrong twelve steps to a compassionate life: Fully Awake and Truly Alive** Jane Elizabeth Vennard, 2013 Fulfill the reality that the glory of God is the human fully alive. Reverend Vennard is fearlessly awake to the wild dance of life. Rather than sleeping through life, she awakens to it. Rather than escaping from reality, she embraces it. Rather than distracting herself with a life to come, she dares to live the life that is. And she wants you to do all this as well. Read this book. Live this book. Wake up. --from the Foreword In a culture enthralled with technology, striving and speed, people of many faith traditions and no faith tradition long to slow down, pay attention and wake up to the present moment. They want help in realizing their hope that they can become more truly alive. This engaging and highly readable book offers you guidance for the journey. Sharing stories from her personal life as a spiritual seeker and from her professional career as a retreat leader, spiritual director and teacher, Reverend Jane Vennard illustrates the joys and frustrations of spiritual practice, offers insights from various religious traditions, and provides step-by-step exercises and meditations to practice: Caring for the body - Rest - Silence Solitude - Letting go - Community - Hospitality - Service - Living gratefully

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