



# Twelve Steps to a Compassionate Life

*Karen Armstrong*

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## Twelve Steps to a Compassionate Life Karen Armstrong

In this important and thought-provoking work, Karen Armstrong—one of the most original thinkers on the role of religion in the modern world—provides an impassioned and practical guide to helping us make the world a more compassionate place.

The twelve steps she suggests begin with “Learn About Compassion,” and close with “Love Your Enemies.” In between, she takes up self-love, mindfulness, suffering, sympathetic joy, the limits of our knowledge of others, and “concern for everybody.” She shares concrete methods to help us cultivate and expand our capacity for compassion, and provides a reading list to encourage us to “hear one another’s narratives.” Armstrong teaches us that becoming a compassionate human being is a lifelong project and a journey filled with rewards.

The First Step: Learn About Compassion

The Second Step: Look at Your Own World

The Third Step: Compassion for Yourself

The Fourth Step: Empathy

The Fifth Step: Mindfulness

The Sixth Step: Action

The Seventh Step: How Little We Know

The Eighth Step: How Should We Speak to One Another?

The Ninth Step: Concern for Everybody

The Tenth Step: Knowledge

The Eleventh Step: Recognition

The Twelfth Step: Love Your Enemies

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