



## A Compassionate Life in 12 Steps

By Karen Armstrong, Vook

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Compassion manifests itself in the world not by thinking but by doing.

Religious scholar and TED Prize winner Karen Armstrong has a vision of a more compassionate world where people and leaders live by the Golden Rule – the code which requires that we use empathy -- moral imagination -- to put ourselves in others' shoes. In this vook original, Armstrong outlines a practical 12-step guide that teaches us how to be truly compassionate in our daily lives.

"A Compassionate Life in 12 Steps" is a personal how-to that complements Armstrong's worldwide Charter for Compassion. The Charter is based on a belief that the principle of compassion lies at the heart of all religious, ethical and spiritual traditions, calling us always to treat all others as we wish to be treated ourselves. It seeks to restore the Golden Rule as the central global religious doctrine.

Follow Armstrong's 12 Steps through this original text and 13 compelling videos with Armstrong and others who are making a difference in how they live their lives every day.

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