



The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World

By Pierre Pradervand

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How can a blessing change the world? According to Pierre Pradervand, making the conscious choice to bless every person or being around you can truly make a world of difference in yourself and in others around you. In *The Gentle Art of Blessing*, Pradervand shows that the practice of blessing has the power to create more than just a renewed perspective. It unleashes tangible benefits throughout your entire life -- through your daily interactions, your life-long relationships, and in the way you approach your place in the world.

Pradervand describes blessing as genuinely wishing the best for another person through seeing their individual worth and honoring them for it. By looking at several different perspectives -- providing spiritual inspiration from Hinduism, Taoism, the Koran, the Bible, and other important spiritual sources -- *The Gentle Art of Blessing* explores the potential in shifting one's attitude from confrontation and negativity to acceptance and enthusiasm. A powerfully simple way of perceiving and shaping our surroundings, blessings can reflect the unconditional love and acceptance that is necessary for world -- and inner -- peace.

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Editorial Review

Review

There are no words to express the enjoyment and renewal that I received in reading this book. It belongs in everyone's library.

—Gerald G. Jampolsky, MD, author of *Love is Letting Go of Fear*

This is a book I can highly recommend. It is a book of silent action. It is something we can all do, and do it all the time, when we remember. So often we have to be reminded, and this book can remind us.

—Eileen Caddy, author of *Opening Doors Within*

This is a simple, democratic, grassroots spiritual practice that gradually brings more love into the life of the person who practices it and into the world. *The Gentle Art of Blessing* is an antidote for resentments and an invitation to become a bigger soul.

—Jean Shinoda Bolen, MD, Jungian analyst and author of *Goddesses in Everywoman* and *Urgent Message from Mother*

About the Author

Pierre Pradervand has worked for decades in personal development social justice. His impressive career includes work on nearly every continent, and as a speaker and workshop facilitator, Pierre is often gives talks on the topic of how to live differently. In his workshops, he provides personal development tools that empower everyone to find and strengthen their internal anchors.

Users Review

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Tonia Jensen:

This *The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World* are generally reliable for you who want to be described as a successful person, why. The explanation of this *The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World* can be one of several great books you must have is definitely giving you more than just simple reading through food but feed anyone with information that possibly will shock your earlier knowledge. This book is usually handy, you can bring it almost everywhere and whenever your conditions in the e-book and printed people. Beside that this *The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World* giving you an enormous of experience like rich vocabulary, giving you demo of critical thinking that could it useful in your day action. So , let's have it and luxuriate in reading.

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