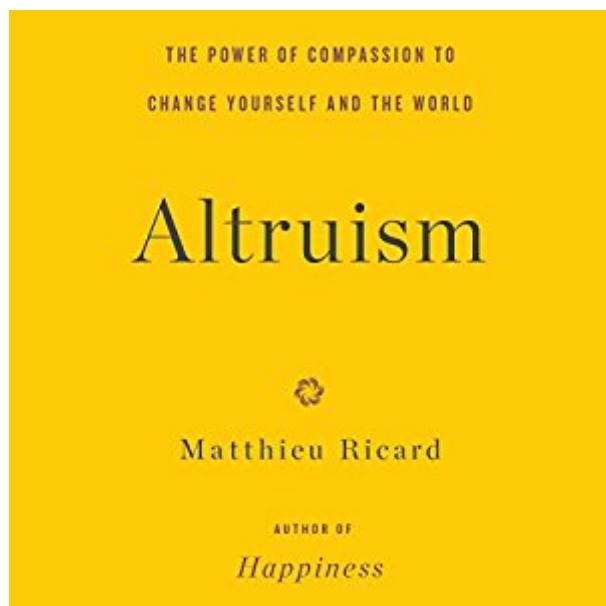


The book was found

# Altruism: The Power Of Compassion To Change Yourself And The World



## Synopsis

The author of the international best seller *Happiness* makes a passionate case for altruism - and why we need it now more than ever. In *Happiness*, Matthieu Ricard demonstrated that true happiness is not tied to fleeting moments or sensations, but is an enduring state of soul rooted in mindfulness and compassion for others. Now he turns his lens from the personal to the global, with a rousing argument that altruism - genuine concern for the well-being of others - could be the saving grace of the 21st century. It is, he believes, the vital thread that can answer the main challenges of our time: the economy in the short term, life satisfaction in the mid-term, and environment in the long term. Ricard's message has been taken up by major economists and thinkers, including Dennis Snower, Amartya Sen, Joseph Stiglitz, and George Soros. Matthieu Ricard makes a robust and passionate case for cultivating altruistic love and compassion as the best means for simultaneously benefitting ourselves and our society. It's a fresh outlook on an ardent struggle - and one that just might make the world a better place.

## Book Information

Audible Audio Edition

Listening Length: 29 hours and 45 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Hachette Audio

Audible.com Release Date: June 2, 2015

Whispersync for Voice: Ready

Language: English

ASIN: B00Y1JVJSI

Best Sellers Rank: #62 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions #131 in Books > Audible Audiobooks > Nonfiction > Philosophy #329 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

## Customer Reviews

A highly readable and yet profound book on altruism, compassion and empathy by a noted biologist Tibetan monk, commonly referred to the "happiest man" on earth. The book is lucidly written with poignant warnings against our individualistic, and often narcissistic, tendencies in favor of more egalitarian and altruistic society and behavior. Highly recommended.

The basic thesis of this comprehensive book is that altruism is a vital idea that can help us to recognize and to respond to the major challenges of our time. It is very well-documented and it took the author five years to prepare this absorbing work. Mattieu Ricard is a celebrated Buddhist monk and scientist who received a PhD in cellular genetics at the Institut Pasteur in Paris. He left his home in France, 35 years ago and lives in Nepal, where he has been working in various humanitarian projects in the Himalayas. He has been an active participant in the study of the effects of meditation on the brain and is author of various best-selling books, including "Happiness," and "Why Meditate?" From the first page, Ricard introduces the reader to the various forms of altruism and portrays true love as a supreme form of compassion. He recognizes that individualism, greediness, egocentrism, and narcissism are human forces that oppose altruism, and brings up the famous Groucho Marx quip, "why should I care about future generations? What have they ever done for me?" Nevertheless, through the entire book, he conveys an astonishing and varied amount of information, ranging from historical analyses, comparative biology, the role of the hormone oxytocin, the functioning of mirror neurons, and the effects of vagal tone on the parasympathetic nervous system, to explain that humans are social animals that have a natural tendency to cooperate; such a view is opposite to the well-known concept that humans are by nature competitive, selfish and behave like wolves. The book gives a particular emphasis to two central themes, the demonstration that altruism exists, and how to cultivate it. The book arrives at a most propitious moment when the United Nations is holding negotiations to adopt a new strategy for the next 15 years, called "Sustainable Development Goals" (SDGs). It is also the time when many religious groups are intensifying their teachings about tolerance and cooperation to deal with the modern world, and particularly the affirmation that we have the moral obligation to act, as stated in the recent papal encyclical about climate change. Ricard expands the notion of altruism to deal with its social dimension and devotes many pages to explain the concepts of interdependence and interconnectedness, which are at the core of the yoga tradition. Based on solid scientific research, he brings the well-known concept of "planetary boundaries" to explain the magnitude of the current planetary challenges. The fifth part of the book is devoted to discuss the basis of a future altruistic society. Altruism is a dense encyclopaedic and documented work that demands deep study and reflection. It has 1,769 references, printed in the last 131 pages as end-notes. It will remain for many years a major reference on the subject. We hope that in a new edition the publishers will include an alphabetical index of authors and subjects as this scholarly work will be an indispensable source of information. His major concluding remarks are a clear message: "We must dare to embrace altruism. Dare to say that real altruism

exists, that it can be cultivated and that the evolution of cultures can favour its expansion. Dare to teach it in schools. ... Dare to proclaim that altruism is not a luxury, but a necessity.

Very long book but I'm going through the book slowly to grasp the whole idea. I like it so far.

Matthieu Ricard's written works and speeches are fantastic to see what is really important and what is not in life. Along with Eckhart Tolle I highly recommend Ricard's works to anyone who wants to witness the wisdom of a Buddha takes the form of words.

Important book for those who care about compassion and empathy, and helping others.

A comprehensive distillation of scientific and other evidence. Altruism and Cooperation is the path to solving personal problems and the wicked problems we face in the world today. This book does not call upon God, or Religion to justify good behavior, it is all about evidence. Dr. Mike

excellent copy

Great book!

[Download to continue reading...](#)

Altruism: The Power of Compassion to Change Yourself and the World Impossible Compassion: Use The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships... and Do All Sorts of Other Good Things for Ourselves and Everyone Else Impossible Compassion: Using The Compassion Key to Un-Create Disease, Save the Environment, Transform Relationships and Do All Sorts of Other Good Things for Ourselves and Everyone Else The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Self-Compassion: The Proven Power of Being Kind to Yourself It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion Solar Power: The Ultimate Guide to Solar Power Energy and Lower Bills: (Off Grid Solar Power Systems, Home Solar Power System) (Living Off Grid, Wind And Solar Power Systems) Power Training: For Combat, MMA, Boxing, Wrestling, Martial Arts, and Self-Defense: How to Develop Knockout Punching Power, Kicking Power, Grappling Power, and Ground Fighting Power Power Pivot and Power BI: The Excel User's Guide to

DAX, Power Query, Power BI & Power Pivot in Excel 2010-2016 Research on Altruism and Love: An Annotated Bibliography of Major Studies in Psychology, Sociology, Evolutionary Biology, and Theology The Organ Donor Experience: Good Samaritans and the Meaning of Altruism Doing Good Better: How Effective Altruism Can Help You Help Others, Do Work that Matters, and Make Smarter Choices about Giving Back Guide to the Bodhisattva's Way of Life: How to enjoy a life of great meaning and altruism Doing Good Better: How Effective Altruism Can Help You Make a Difference The Most Good You Can Do: How Effective Altruism Is Changing Ideas About Living Ethically How To Represent Yourself in Family Court: A step-by-step guide to giving yourself the best chance of successfully representing yourself in court (How2Become) The Mindful Path to Self-Compassion: Freeing Yourself from Destructive Thoughts and Emotions Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Mid-Life Career Rescue Series Box Set (Books 1-3):The Call For Change, What Makes You Happy, Employ Yourself: How to change careers, confidently leave ... you hate, and start living a life you love, The Neuroscience of Change: A Compassion-Based Program for Personal Transformation

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)