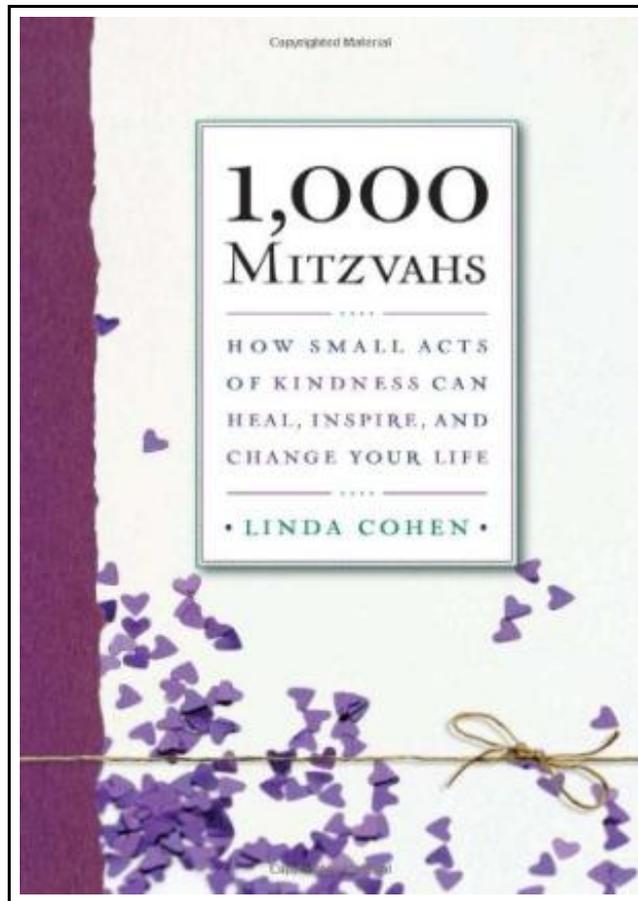


1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire, and Change Your Life



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Reviews

*It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf.
(Dr. Lily Wunsch II)*

1,000 MITZVAHS: HOW SMALL ACTS OF KINDNESS CAN HEAL, INSPIRE, AND CHANGE YOUR LIFE



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Avalon Publishing Group. Paperback. Book Condition: new. BRAND NEW, 1,000 Mitzvahs: How Small Acts of Kindness Can Heal, Inspire, and Change Your Life, Linda Cohen, When her father passed away in 2006, Linda Cohen's busy life as a mother, wife, and entrepreneur came to a screeching halt. She took a spiritual sabbatical to work through her grief, and she came out of it resolved to embark upon a project: perform one thousand acts of kindness--mitzvahs--to honor her father's memory. 1,000 Mitzvahs shares Cohen's two-and-a-half-year journey from sorrow to inspiration through simple daily acts of kindness. She presents each mitzvah as a short vignette, and the myriad forms they take--from helping the elderly to donating to good causes to baking and collecting food for others--highlight the many ways in which one person can touch the lives of others. As she pursues her quest, Cohen finds that her life is improved by these small acts--that every time she goes out of her way to do something good for someone else, she enhances her own well-being. More than a touching story of a daughter's love for her father, 1,000 Mitzvahs is a testament to the transformational power of kindness, and a call to arms for those who would like to follow in Cohen's footsteps with their own mitzvahs--no matter how large or how small.

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