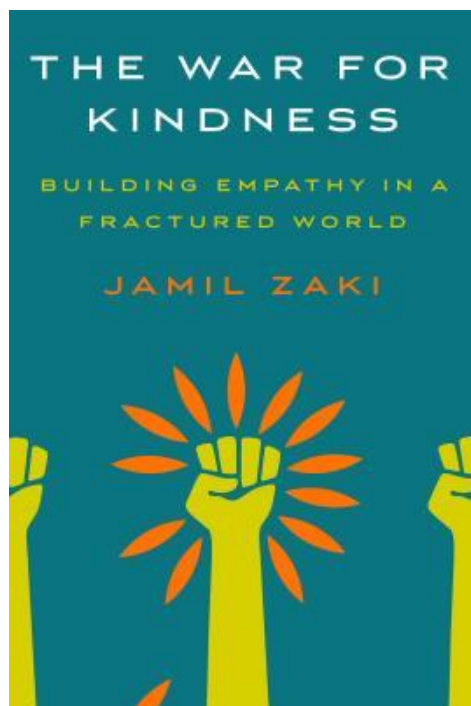


# Bucher abrufen The War for Kindness: Building Empathy in a Fractured World

By Jamil Zaki



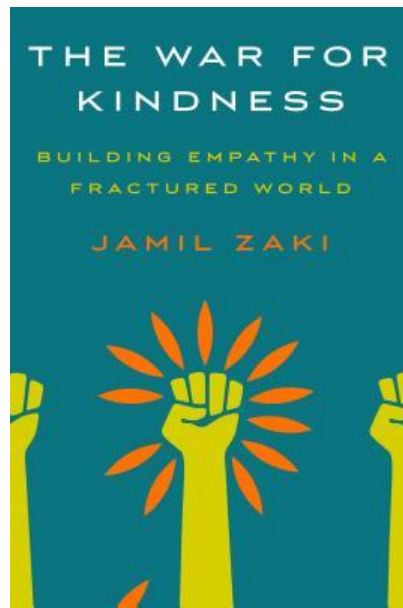
## Books Details

Author : Jamil Zaki Pages : 272 pages Publisher : Crown Publishing Group (NY)  
Language : ISBN-10 : 0451499247 ISBN-13 : 9780451499240

## Books Descriptions

"In this masterpiece, Jamil Zaki weaves together the very latest science with stories that will stay in your heart forever."--Angela Duckworth, author of *Grit* Empathy is in short supply. We struggle to understand people who aren't like us, but find it easy to hate them. Studies show that we are less caring than we were even thirty years ago. In 2006, Barack Obama said that the United States was suffering from an "empathy deficit." Since then, things seem to have only gotten worse. It doesn't have to be this way. In this groundbreaking book, Jamil Zaki shares cutting-edge research, including experiments from his own lab, showing that empathy is not a fixed trait--something we're born with or not--but rather a skill that can be strengthened through effort. He also tells the stories of people who embody this new perspective, fighting for kindness in the most difficult of circumstances. We meet a former neo-Nazi who is now helping to extract people from hate groups, ex-prisoners discussing

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