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Altruism: The Power of Compassion to Change Yourself and the World

Matthieu Ricard

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"A careful, detailed, hard-nosed assessment of what is needed both for individual happiness and for the welfare of the planet.... This book is so rich, so diverse...that it is best kept as an inspiring resource to be consulted over many years." ***Wall Street Journal***
Matthieu Ricard, author of the international bestseller *Happiness*, makes the passionate case for altruism-genuine concern for the well-being of others. Presenting a vision based on decades of firsthand experience and scientific studies, Matthieu Ricard illuminates how altruism can answer the main challenges of our time: economic inequality, life satisfaction, and environment sustainability. In this riveting book, he champions the cultivation of altruistic love as the best means for simultaneously benefitting ourselves and our global society, and offers readers practical and inspiring ways to develop their potential for compassion. There's an altruism revolution underway, and it just may be the saving grace for the 21st century.

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