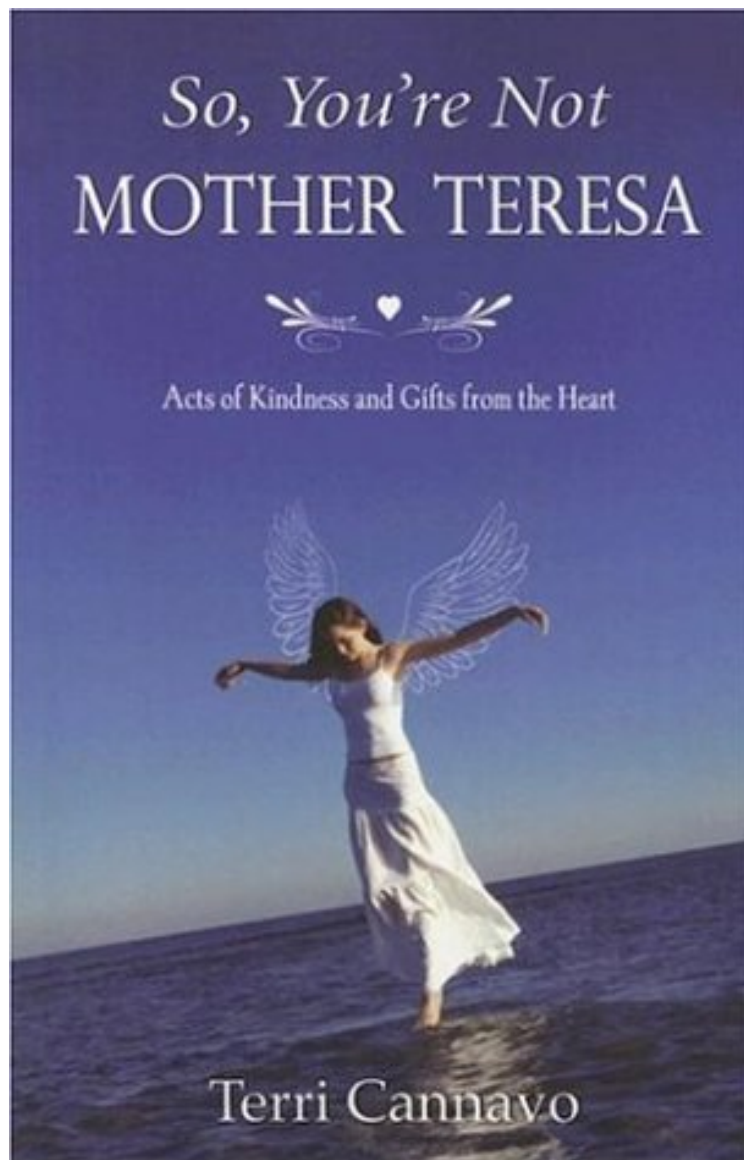


So, You're Not Mother Teresa: Acts of Kindness and Gifts from the Heart

Terri Cannavo

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Terri Cannavo : So, You're Not Mother Teresa: Acts of Kindness and Gifts from the Heart before purchasing it in order to gage whether or not it would be worth my time, and all praised So, You're Not Mother Teresa: Acts of Kindness and Gifts from the Heart:

0 of 0 people found the following review helpful. Five StarsBy Gary Houlettenice read3 of 3 people found the

following review helpful. Good book! By Armchair Interviews Author Terri Cannavo wrote this "what-to-do" book in hopes of helping people find simple but productive ways to show others you care during difficult life events. Chances are you have or will in the future be in a position to help or be helped through a life crisis. It could be anything from losing a job to losing a loved one, but no one should have to go through that alone. Now if you only knew what to say or do---right? Here's the little handbook that could help you to minister aid and comfort to another. The 10 chapters are filled with encouragement to step out of your comfort zone and help your friend or neighbor. Some examples are as simple as making a phone call or sending a card saying, "I'm thinking of you," to the practical, by providing a meal for a shut in or mowing the lawn of someone in the hospital. Chapter 7 Do Something! This chapter has specific ideas for 27 specific situations. From "Abuse" to "Widow/Widower." Also included are suggestions on what to say--and in some circumstances, what never to say when trying to comfort someone. There's even a chapter on The Heart of Listening, something we all need to do more of. My favorite quote from the book: "The value of giving and receiving--they are delicately balanced partners in the cycles of life. They are intertwined to teach us all the dignity of serving with compassion and receiving with grace. Both have equal merit. Both have equal value. There cannot be one without the other, or there is no gift." Armchair Interviews says: For those of us who are not Mother Teresa with her gift of service, this book could help you to help others and thereby making your world better one act of kindness at a time.

0 of 0 people found the following review helpful. a handbook for showing kindness and compassion, empathy and sympathy. By Reader Views Reviewed by Lynn Downs for Reader Views (11/06) When a good friend of mine recently passed away, I stood in a fog. I was unsure what to say to her family or how to express my empathy to them over their loss. I had no idea what to do to ease the troubles and pain they were going through. How I wish I would have had this book in my library. Terri Cannovo takes situations that occur in our everyday lives - births, deaths, illnesses - and gives us a "survival guide" on how to be the most supportive person you can be in those situations. As her title states, you don't have to be Mother Teresa to show true acts of kindness. And for most of us, it isn't that we aren't kind and empathetic. We just don't know where to begin. With Terri's help, the reader learns how to develop skills of giving and caring. For example, in the case of my friends passing Terri suggested that I could have offered to run errands for the family, done some yard or house work for them, make a CD of soothing music or write them a letter letting them know how much their loved one meant to me. These few simple things can remind the family that we care about them and our there for them, even if we don't say it out loud. This book also teaches us that sometimes, it isn't what we say or do - it's what we don't say. Many times, an act of true compassion and friendship is to be the shoulder that your friend needs and learning to stop talking and start listening. So many times we find ourselves feeling like we have to say things like "I understand" or "I know how you feel" when we really don't have a clue what the other person is feeling. For example, unless you have lost a child or experienced a terminal illness, you would not know or understand how someone in that situation feels. Terri shows us that we don't need to say anything at all so show our support, just listen and allow the other person to vent out their anger or cry on our shoulder. "So, You're Not Mother Teresa" is a handbook for showing kindness and compassion, empathy and sympathy. It is categorized alphabetically by situations, so that the answer to any event is right at your fingertips. Terri believes that beginning to show simple kindness to those around you in their times of need is the noblest of gifts you can give a person, and I agree. Simple acts of compassion and understand go a long way in healing hearts and minds. Book received free of charge.

Trying to do your best is not always easy. Do you feel awkward about acts of kindness? Do you wish to share words of comfort to someone who has experienced significant loss but kept quiet for fear of putting your foot in your mouth? Have you ever wished to help someone during time of need, but were afraid you'd do the wrong thing? If so, then you are not alone. So, You're Not Mother Teresa! provides a number of suggestions of gifts and services you can provide, which can be tailored to meet your personality, time, budget, and abilities. Terri Cannavo gives insight, understanding, and clarity about how to be of service and give from your heart. So don't worry you don't need to be a saint. With the help of this book, you never again have to feel at a loss for the appropriate act or gift.

"A wonderful resource for anyone that is in a service-related profession. A guide and reference for life's complexities...." -- LuJean Tatton, president National Cosmetology Assoc. of Utah "Packed with insightful suggestions and superb ideas for service opportunities all around us." -- Stephen R. Covey, author of 7 Habits of Highly Effective People From the Publisher In today's busy world and with everyone living productive lives, shifting gears can be hard, and willingly finding a way to give one's time, talents and heart even harder. While we can't turn into Mother Teresa at will, we can draw from her wisdom during difficult situations. With over 500 specific ideas for giving gifts and service, Terri Cannavo hopes to provide some uplifting suggestions to help others face heartbreaking challenges and to make them a little less trying and a little less painful. From the Back Cover A detailed "what-to-do" guide for all women: those who are uncertain about where to begin and those who need fresh ideas.