

Lucy MacDonald



Kindness Quotes

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Learn to be an Optimist: A practical guide for achieving happiness

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About Lucy MacDonald: Counsellor, Author, Speaker

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Visit Lucy's website at www.lucymacdonald.com

Lucy MacDonald, M.Ed., a Canadian author, has been a counselor in private practice for the last five years and is certified with the Canadian Counselling Association. Lucy has a Master of Education degree from McGill University with an undergraduate degree in Psychology from Concordia University.

Counsellor in Private Practice

Lucy runs a private counselling and consulting practice and specializes in stress, burnout, anger, grief, parenting issues, and divorce. You can contact Lucy at by email at lucy@lucymacdonald.com

Keynote Speaker and Workshop Presenter: Work-Life Wellness

Lucy is an accomplished speaker, working in private industry, government, academic and nonprofit organizations. Lucy's clients include Kraft Canada, Pfizer, Investors Group, McGill University and Concordia University. Lucy is known for her engaging, dynamic and straightforward speaking style, along with her sense of humor. For more information visit Lucy's website www.lucymacdonald.com

Author

Learn to be an Optimist

Lucy MacDonald is the internationally acclaimed author of [Learn to be an Optimist: A practical guide for achieving happiness](#). In [Learn to be an Optimist](#), a positive thinking self-help book, Lucy takes a practical and insightful approach to helping you increase your optimism and suggests realistic ways to transform daily living by developing a positive attitude. **Learn to Manage Your Time** will be released in January 2006.

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Kindness Quotes

Kindness is the golden chain by which society is bound together.

Johann von Goethe

Three things in human life are important: The first is to be kind. The second is to be kind. The third is to be kind.

Henry James

Be kind, for everyone you meet is fighting a hard battle.

Philo

Kindness in words creates confidence. Kindness in thinking creates profoundness. Kindness in giving creates love.

Lao-tzu

Wherever there is a human being, there is an opportunity for kindness.

Marcus Annaeus Seneca

I expect to pass through life but once. If therefore, there be a kindness I can show, or any good thing that I can do for any fellow being, let me do it now, as I shall not pass this way again.

William Penn

I wonder why it is that we are not all kinder to each other. How much the world needs it! How easily it is done!

Henry Drummond

We are made kind by being kind.

Eric Hoffer

Lucy MacDonald



Kindness causes us to learn, and to forget, many things.
Madame Swetchine

Without kindness, there can be no true joy.
Thomas Carlyle

Wise sayings often fall on barren ground, but a kind word is never thrown away.
Sir Arthur Helps

A word of kindness is seldom spoken in vain, while witty sayings are easily lost as the pearls slipping from a broken string.
George Prentice

A kind word is like a Spring day.
Russian Proverb

Kindness is in our power, even when fondness is not.
Samuel Johnson

Always be a little kinder than necessary.
Sir James M. Barrie

Kindness is the ability to love people more than they deserve.
Anonymous

Today I bend the truth to be kind, and I have no regret, for I am far surer of what is kind than I am of what is true.
Robert Brault

Kindness, I've discovered, is everything in life.
Isaac Bashevis Singer

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What wisdom can you find that is greater than kindness?
Jean-Jacques Rousseau

Have you had a kindness shown?
 Pass it on!
"T'was not given for thee alone,
 Pass it on!
Let it travel down the years,
Let it wipe another's tears,
Till in Heaven the deed appears
 Pass it on!
Henry Burton

You cannot do a kindness too soon, for you never know how soon it will be too late.
Ralph Waldo Emerson

There's no use in doing a kindness if you do it a day too late.
Charles Kingsley

He who sees a need and waits to be asked for help is as unkind as if he had refused it.
Dante Alighieri

Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate.
Albert Schweitzer

Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.
Barbara De Angelis

Kind words do not cost much. Yet they accomplish much.

Lucy MacDonald



Blaise Pascal

So many gods, so many creeds,
So many paths that wind and wind,
While just the art of being kind
Is all the sad world needs.

Ella Wheeler Wilcox

This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness.

HH The Dalai Lama

When you carry out acts of kindness you get a wonderful feeling inside. It is as though something inside your body responds and says, yes, this is how I ought to feel.

Harold Kushner

Kind words can be short and easy to speak but their echoes are truly endless.
Mother Teresa

Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end.

Scott Adams

Kindness is more important than wisdom, and the recognition of this is the beginning of wisdom.

Theodore Rubin

Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you.

Princess Diana

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