



Kindness: Ruminaton About The Fruit Of The Spirit (Volume 2)

April Heather

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Kindness, the second of six little "commuter reads," describes how, after decades, I finally listened to what my Grandmother tried to teach me. From that lesson, I decided to take a "fruit" and look for any and all ways to practice that "fruit" all day. I was able to quit smoking from this experience because I was able to get a handle on stress, time management, accountability and relating with difficult people. These books are kept short because I am just a person who is sharing an experience. Start with this book (the fruit of kindness) and take one day to give it a try. My experience is my experience. Go have your own. What will your experience be?

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