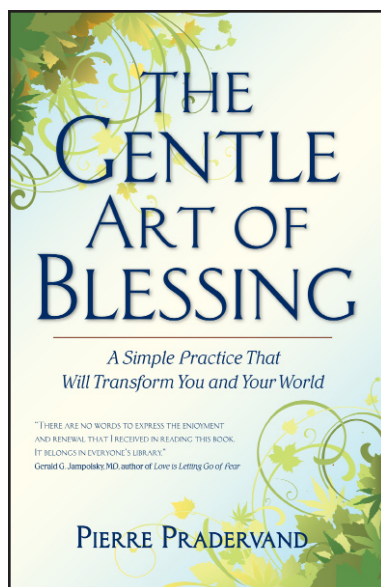


# The Gentle Art of Blessing

by  
Pierre Pradervand



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## An act of the heart that will transform the world

How can a blessing change the world? Making the conscious choice to bless every person or being in our lives, rather than lashing out or feeling self-pity, can make a world of difference. Practicing the art of blessing not only offers a renewed perspective, but also has the power to generate tangible benefits throughout your life. By blessing the world you are choosing hope over fear, calm over chaos. Begin your practice today with *The Gentle Art of Blessing* by Pierre Pradervand.

Pradervand describes blessing as wishing all that is good for someone, recognizing their individual worth, and honoring them for it. It is a powerfully simple way of perceiving and shaping the world—even unspoken blessings can reflect the unconditional love and acceptance that is necessary for world and inner peace.

So many of us are looking for ways to change our world and work collaboratively for peace without the limits or dogma of any particular religion. *The Gentle Art of Blessing* transcends all faiths and teaches readers how to acknowledge what is similar, not different. Pradervand's blessing techniques will grant you a deep sense of calm. They will not only help you change the world around you, they will help you change your internal world as well.

### About the Author

Pierre Pradervand has worked for decades in personal development social justice. His impressive career includes work on nearly every continent, and as a speaker and workshop facilitator he often gives talks on the topic of how to live differently. In Pierre's workshops, he provides personal development tools that empower everyone to find and strengthen their internal anchors.

