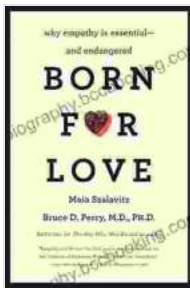


Why Empathy Is Essential and Endangered: A Wake-Up Call for Our Time

In this thought-provoking and deeply researched book, Dr. Tony Adkins explores the crucial role of empathy in our personal lives, our communities, and the world at large. With compelling evidence and real-world examples, he argues that empathy is essential for understanding one another, resolving conflict, and creating a more compassionate society.



Born for Love: Why Empathy Is Essential--and Endangered by Bruce D. Perry

★★★★☆ 4.7 out of 5

Language : English
File size : 994 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 387 pages



Empathy: What It Is and Why It Matters

Empathy is the ability to understand and share the feelings of another person. It is a powerful tool that allows us to connect with others, build relationships, and make decisions that are in the best interests of everyone involved.

Research has shown that empathy is linked to a number of positive outcomes, including:

- Improved communication
- Increased cooperation
- Reduced conflict
- Greater compassion
- More effective leadership

In short, empathy is essential for creating a more just, peaceful, and prosperous world.

Why Empathy Is Endangered

Unfortunately, empathy is endangered by a host of societal factors, including:

- **Economic inequality:** When people are struggling to make ends meet, they are less likely to have the time or resources to empathize with others.
- **Technological distractions:** Social media and other digital technologies can distract us from the real world and make it more difficult to connect with others.
- **Political tribalism:** The rise of political polarization has created a climate of division and mistrust, making it harder to see the humanity in those who disagree with us.

These factors are creating a society that is less empathetic and more divided. This is a dangerous trend that we must reverse.

A Call to Action

Dr. Adkins concludes his book with a powerful call to action. He urges us to cultivate empathy in our own lives and to work together to create a more empathetic society. He offers a number of practical tips for how to do this, including:

- **Listen to others without judgment.**
- **Try to understand the other person's perspective.**
- **Put yourself in the other person's shoes.**
- **Be kind and compassionate to others.**
- **Stand up for what you believe in, even when it's difficult.**

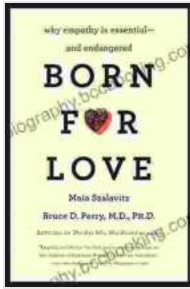
By following these tips, we can all help to create a more empathetic world. A world where everyone feels valued, respected, and understood.

Why Empathy Is Essential and Endangered is a must-read for anyone who wants to make the world a better place. It is a powerful and inspiring book that will change the way you think about empathy and its importance in our lives.

Dr. Tony Adkins is a clinical psychologist and author of several books on empathy, compassion, and social justice. He is a sought-after speaker and trainer on these topics, and his work has been featured in the New York Times, the Washington Post, and NPR.

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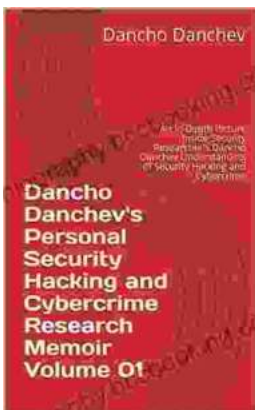


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