

Against Empathy The Case For Rational Compassion

The definitive story of the Dennis Nilsen case featured in Netflix's *Memories of a Murder: The Nilsen Tapes*, and the book behind ITV's *Des*, starring David Tennant ***WINNER OF THE GOLD DAGGER AWARD FOR CRIME NON-FICTION and THE NUMBER ONE SUNDAY TIMES BESTSELLER*** _____ Dennis Nilsen, who died in May 2018, admitted to killing at least 15 people before his arrest in 1983. This ground-breaking criminal study of his killings was written with Nilsen's full cooperation, resulting in a fascinating - and horrifying - portrait of the man who worshipped death. In February 1983, residents of Muswell Hill had been plagued by blocked drains. When a plumber was called to investigate, he discovered a large blockage of biological material. To his horror, it appeared to be formed of human flesh and bones. The next day, local resident Dennis Nilsen was arrested. 'Are we talking about one body or two?' a detective asked. Nilsen replied 'Fifteen or sixteen, since 1978. I'll tell you everything.' Within days he had confessed to fifteen gruesome murders over a period of four years. His victims, mostly young gay men at a time when society cared little for them, had been overlooked. *Killing for Company* is a unique study of a murderer's mind, essential reading for true crime aficionados. _____ 'You really have to read this extraordinary book to get a full flavour of the weirdness of Nilsen and his crimes' SUNDAY TIMES 'A seminal look into the criminal mind' DAILY MAIL 'Brian Masters has given us a full, well-ordered, dispassionate account of Nilsen's life and crimes' THE TIMES 'Without any doubt one of the most remarkable, complete and most humanely informative accounts of a murderer's mind ever achieved... the book is far superior to any previous English book of its kind and deserves to serve as a model for all future attempts in this genre' NEW SOCIETY 'The book is a perceptive and at times coldly brutal assessment of Nilsen's psychology' MIRROR 'A comprehensive and compelling account' FINANCIAL TIMES 'Probably the best thing of its kind since *In Cold Blood* . . . a classic study in criminal mentality' YORKSHIRE POST 'Killing For Company must stand as one of the most remarkable and accurate accounts ever written of the singular relationship between a mass murderer and a society . . . a bloody masterpiece.' BERYL BAINBRIDGE 'A truly awesome tale, brilliantly told' LITERARY REVIEW 'A meticulous study of the dark intricacies of the human mind' THE BOOKBAG 'Brian Masters can rest assured that the job he undertook with such obvious doubts was one worth doing' SPECTATOR 'Masters has written an extraordinary book, and his achievement has been the ability to recount horrific details without descending to the lurid sensationalism of the instant books and Fleet Street reports' POLICE 'A compelling and remarkable book ... through Masters' fine writing the reader suspends his nausea for the crimes, and concentrates with Nilsen on his motives and himself' THE LISTENER

From the ebook Preface: "This book majors on the presentation of empirical evidence in the form of data. The most digestible form for communicating such material is through the use of Tables and Figures, generally graphs.

Consequently, the book has a great many Tables and Figures and the latter are often in colour. Viewing on a device capable of rendering colours is therefore recommended although monochrome will be adequate in most cases." The Empathy Gap proposes the thesis that men and boys are extensively disadvantaged across many areas of life, including in education, healthcare, genital integrity, criminal justice, domestic abuse, working hours, taxation, pensions, paternity, homelessness, suicide, sexual offences, and access to their own children after parental separation. The claim is justified in the book by empirical evidence, mostly but not exclusively from the UK, involving nearly 1,000 references, 179 Figures and 49 Tables. To most people, of both sexes, this will appear to be a perverse perspective as disadvantage has become the province of women, girls and minorities, not males. Yet the empirical case supporting the disadvantages suffered by men and boys is undeniable to the objective mind. But if this is so, why is the popular perception that males are privileged whereas disadvantage is the province of the opposite sex? Why do the male disadvantages go largely unremarked, by both sexes, if they are so pervasive? Presenting the case for widespread and substantial male disadvantage is also a challenge to the usual hegemonic paradigm of feminist theory. These issues are addressed within *The Empathy Gap* by presenting an entirely different orientation on the social psychology of relations between the sexes. Out goes the idea of an oppressive patriarchy. Instead, a man's participation in the human pair bond is seen to be altruistic, a phenomenon arising originally from evolution and enacted in the individual via the emotional psyche. This is the origin of an asymmetry in the perception of the sexes which normalises the preferencing of females and therefore inevitably disadvantages males as a corollary. The successful evolved strategy involves male utility and relative male disposability, the latter being facilitated by a muted empathy for males, by both sexes - the empathy gap. Rather than working to overcome this male disposability, as a true egalitarian movement would have done, feminism has fed upon it and amplified it. The feminist project relies upon the true state of affairs remaining unacknowledged, and the empathy gap is instrumental in its own invisibility. In respect of this theory, the author makes no claim for originality. The ideas presented have been circulating within the sub-culture for decades. However, the focus of the book is to show how these ideas are manifest in practice. The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

A surprising, sweeping, and deeply researched history of empathy—from late-nineteenth-century German aesthetics to mirror neurons†
Empathy: A History tells the fascinating and largely unknown story of the first appearance of “empathy”

in 1908 and tracks its shifting meanings over the following century. Despite empathy's ubiquity today, few realize that it began as a translation of *Einfühlung* or "in-feeling" in German psychological aesthetics that described how spectators projected their own feelings and movements into objects of art and nature. Remarkably, this early conception of empathy transformed into its opposite over the ensuing decades. Social scientists and clinical psychologists refashioned empathy to require the deliberate putting aside of one's feelings to more accurately understand another's. By the end of World War II, interpersonal empathy entered the mainstream, appearing in advice columns, popular radio and TV, and later in public forums on civil rights. Even as neuroscientists continue to map the brain correlates of empathy, its many dimensions still elude strict scientific description. This meticulously researched book uncovers empathy's historical layers, offering a rich portrait of the tension between the reach of one's own imagination and the realities of others' experiences.

A memoir done in the form of a graphic novel by a cult favorite comic artist offers a darkly funny family portrait that details her relationship with her father--a funeral home director, high school English teacher, and closeted homosexual.

In a divided world, empathy is not the solution, it is the problem. We think of empathy - the ability to feel the suffering of others for ourselves - as the ultimate source of all good behaviour. But while it inspires care and protection in personal relationships, it has the opposite effect in the wider world. As the latest research in psychology and neuroscience shows, we feel empathy most for those we find attractive and who seem similar to us and not at all for those who are different, distant or anonymous. Empathy therefore biases us in favour of individuals we know while numbing us to the plight of thousands. Guiding us expertly through the experiments, case studies and arguments on all sides, Paul Bloom ultimately shows that some of our worst decisions - in charity, child-raising, criminal justice, climate change and war - are motivated by this wolf in sheep's clothing. Brilliantly argued, urgent and humane, *Against Empathy* overturns widely held assumptions to reveal one of the most profound yet overlooked sources of human conflict.

An I Weigh Book Club Pick "I have been a fan of Henry's work for a long time and I'm excited for more people to see it." —Jameela Jamil From the creator of *Drawings of Dogs*, a warmly illustrated and thoughtful examination of empathy and the necessity of being kinder The kindness we owe one another goes far beyond the everyday gestures of feeding someone else's parking meter--although it's important not to downplay those small acts. Kindness can also mean much more. In this timely, insightful guide, Henry James Garrett lays out the case for developing a strong, courageous, moral kindness, one that will help you fight cruelty and make the world a more empathetic place. So, how could a book possibly make you kinder? It would need to answer two questions: • Why are you kind at all? and, • Why aren't you kinder? In these pages, building on his academic studies in metaethics and using his signature-sweet animal cartoons, Henry James Garrett sets out to do just that, exploring the sources and the limitations of human empathy and the many ways, big and small, that we can work toward being our best and kindest selves for the people around us and the society we need to build.

A rigorous, compelling and balanced examination of the British public school system and the inequalities it entrenches. Private schools are institutions that children who are already privileged attend and have those privileges further entrenched, almost certainly for life, through a high-quality, richly-resourced education. *The Engines of Privilege* contends that in a society that mouths the virtues of equality of opportunity, of fairness and of social cohesion, the continuation of this educational apartheid amounts to an act of national self-harm that does all of us serious damage. Intrinsic to any vision of the future of Britain has to be the nature of our educational system. Yet the quality of conversation on the issue of private education remains surprisingly sterile, patchy and highly subjective. Accessible, evidence-based and inclusive, *Engines of Privilege* aims to kick-start a long overdue national debate. Clear, vigorous prose is combined with forensic analysis to compelling effect, illuminating the painful contrast between the importance of private schools in British society and the near-absence of serious, policy-making debate, above all on the left.

As machines are trained to "think," many tasks that previously required human intelligence are becoming automated through artificial intelligence. However, it is more difficult to automate emotional intelligence, and this is where the human worker's competitive advantage over machines currently lies. This book explores the impact of AI on everyday life, looking into workers' adaptation to these changes, the ways in which managers can change the nature of jobs in light of AI developments, and the potential for humans and AI to continue working together. The book argues that AI is rapidly assuming a larger share of thinking tasks, leaving human intelligence to focus on feeling. The result is the "Feeling Economy," in which both employees and consumers emphasize feeling to an unprecedented extent, with thinking tasks largely delegated to AI. The book shows both theoretical and empirical evidence that this shift is well underway. Further, it explores the effect of the Feeling Economy on our everyday lives in the areas such as shopping, politics, and education. Specifically, it argues that in this new economy, through empathy and people skills, women may gain an unprecedented degree of power and influence. This book will appeal to readers across disciplines interested in understanding the impact of AI on business and our daily lives. It represents a bold, potentially controversial attempt to gauge the direction in which society is heading.

Borderline personality disorder, autism, narcissism, psychosis, Asperger's: All of these syndromes have one thing in common--lack of empathy. In some cases, this absence can be dangerous, but in others it can simply mean a different way of seeing the world. In *The Science of Evil* Simon Baron-Cohen, an award-winning British researcher who has investigated psychology and autism for decades, develops a new brain-based theory of human cruelty. A true psychologist, however, he examines social and environmental factors that can erode empathy, including neglect and abuse. Based largely on Baron-Cohen's own research, *The Science of Evil* will change the way we understand and treat human cruelty.

Our ability to understand others and help others understand us is essential to our individual and collective well-being. Yet there are many barriers that keep us from walking in the shoes of others: fear, skepticism, and power structures that separate us from those outside our narrow groups. To progress in a multicultural world and ensure our common good, we need to overcome these obstacles. Our best hope can be found in the skill of empathy. In *Social Empathy*, Elizabeth A. Segal explains how we can develop

our ability to understand one another and have compassion toward different social groups. When we are socially empathic, we not only imagine what it is like to be another person, but we consider their social, economic, and political circumstances and what shaped them. Segal explains the evolutionary and learned components of interpersonal and social empathy, including neurobiological factors and the role of social structures. Ultimately, empathy is not only a part of interpersonal relations: it is fundamental to interactions between different social groups and can be a way to bridge diverse people and communities. A clear and useful explanation of an often misunderstood concept, *Social Empathy* brings together sociology, psychology, social work, and cognitive neuroscience to illustrate how to become better advocates for justice.

An insightful exploration of what social media, AI, robot technology, and the digital world are doing to our relationships with each other and with ourselves. There's no doubt that technology has made it easier to communicate. It's also easier to shut someone out when we are confronted with online discourse. Why bother to understand strangers--or even acquaintances--when you can troll them, block them, or just click "Unfriend" and never look back? However briefly satisfying that might be, it's also potentially eroding one of our most human traits: empathy. So what does the future look like when something so vital to a peaceful, healthy, and productive society is fading away? The cautionary, yet hopeful, answer is in this champion for an endangered emotion. In *The Future of Feeling*, Kaitlin Ugolik Phillips shares her own personal stories as well as those of doctors, entrepreneurs, teachers, journalists, and scientists about moving innovation and technology forward without succumbing to isolation. This book is for anyone interested in how our brains work, how they're subtly being rewired to work differently, and what that ultimately means for us as humans.

Empathy's centrality to morality is heavily debated. Many religious and philosophical traditions have favoured empathy, sympathy, or compassion as key to moral thought, conduct, or motivation. This collection brings together original papers in philosophy, psychology, psychiatry, anthropology, and neuroscience to give a comprehensive overview of the issue, and includes an extensive survey of empathy and empathy-related emotions. It is distinctive in focusing on the moral import of empathy and sympathy. From the Pulitzer Prize-winning culture critic for *Time* magazine comes the tremendously controversial, yet highly persuasive, argument that our devotion to the largely unexamined myth of egalitarianism lies at the heart of the ongoing "dumbing of America." Americans have always stubbornly clung to the myth of egalitarianism, of the supremacy of the individual average man. But here, at long last, Pulitzer Prize-winning critic William A. Henry III takes on, and debunks, some basic, fundamentally ingrained ideas: that everyone is pretty much alike (and should be); that self-fulfillment is more important than objective achievement; that everyone has something significant to contribute; that all cultures offer something equally worthwhile; that a truly just society would automatically produce equal success results across lines of race, class, and gender; and that the common man is almost always right. Henry makes clear, in a book full of vivid examples and unflinching opinions, that while these notions are seductively democratic they are also hopelessly wrong.

NATIONAL BESTSELLER • A stunning "portrait of the enduring grace of friendship" (NPR) about the families we are born into, and those that we make for ourselves. A masterful depiction of love in the twenty-first century. A NATIONAL BOOK AWARD FINALIST • A MAN BOOKER PRIZE FINALIST • WINNER OF THE KIRKUS PRIZE *A Little Life* follows four college classmates—broke, adrift, and buoyed only by their friendship and ambition—as they move to New York in search of fame and fortune. While their relationships, which are tinged by addiction, success, and pride, deepen over the decades, the men are held together by their devotion to the brilliant, enigmatic Jude, a man scarred by an unspeakable childhood trauma. A hymn to brotherly bonds and a masterful depiction of love in the twenty-first century, Hanya Yanagihara's stunning novel is about the families we are born into, and those that we make for ourselves. Look for Hanya Yanagihara's new novel, *To Paradise*, coming in January 2022. Discover the Six Habits of Highly Empathic People A popular speaker and co-founder of The School of Life, Roman Krznaric has traveled the world researching and lecturing on the subject of empathy. In this lively and engaging book, he argues that our brains are wired for social connection. Empathy, not apathy or self-centeredness, is at the heart of who we are. By looking outward and attempting to identify with the experiences of others, Krznaric argues, we can become not only a more equal society, but also a happier and more creative one. Through encounters with groundbreaking actors, activists, designers, nurses, bankers and neuroscientists, Krznaric defines a new breed of adventurer. He presents the six life-enhancing habits of highly empathic people, whose skills enable them to connect with others in extraordinary ways – making themselves, and the world, more truly fulfilled. The *New York Times* best-selling book exploring the counterproductive reactions white people have when their assumptions about race are challenged, and how these reactions maintain racial inequality. In this "vital, necessary, and beautiful book" (Michael Eric Dyson), antiracist educator Robin DiAngelo deftly illuminates the phenomenon of white fragility and "allows us to understand racism as a practice not restricted to 'bad people' (Claudia Rankine). Referring to the defensive moves that white people make when challenged racially, white fragility is characterized by emotions such as anger, fear, and guilt, and by behaviors including argumentation and silence. These behaviors, in turn, function to reinstate white racial equilibrium and prevent any meaningful cross-racial dialogue. In this in-depth exploration, DiAngelo examines how white fragility develops, how it protects racial inequality, and what we can do to engage more constructively.

Michael Ventura, entrepreneur and CEO of award-winning strategy and design firm Sub Rosa, shares "how to unlock our ability to design solutions, spark innovation, and solve tough challenges with empathy at the center" (Arianna Huffington). Having built his career working with iconic brands and institutions such as General Electric, Google, Nike, Warby Parker, and also The United Nations and the Obama Administration, Michael Ventura offers entrepreneurs and executives a radical new business book and way forward. Empathy is not about being nice. It's not about pity or sympathy either. It's about understanding—your consumers, your colleagues, and yourself—and it's a direct path to powerful leadership. As such, *Applied Empathy* presents real strategies, based on Sub Rosa's design work and the popular class Ventura and his team have taught at Princeton University, on how to make lasting connections and evolve your business internally (your employees, culture, and product/services) as well as externally (your brand, consumers, and value). "The most neglected fact in business is we're all human. Michael Ventura makes a powerful argument that empathy is the secret sauce of 21st century business. The more digital we get, the more empathy we need" (Chip Conley, *New York Times* bestselling author of *Emotional Equation*). For leaders of all levels, this groundbreaking guide lays the foundation to

establish a diverse, inventive, and driven team that can meet the challenges of today's ever-evolving marketplace. If you want to connect to the people you work with, you have to understand them first.

"Bad Men Do What Good Men Dream: A Forensic Psychiatrist Illuminates the Darker Side of Human Behavior" provides insights into the minds of rapists, stalkers, serial killers, psychopaths, professional exploiters, and other individuals whose behavior both frightens and fascinates us. The book also works to break down the false separation between "good" and "bad" people—pointing out that this dark side is an essential component of our humanity. "Bad Men Do What Good Men Dream" cracks open the door to the dark side and gives readers a look inside. Sometimes frightening, always fascinating, this book will captivate readers from beginning to end.

Since empathy first emerged as an object of inquiry within British history education in the early 1970s, teachers, scholars and policymakers have debated the concept's role in the teaching and learning of history. Yet over the years this discussion has been confined to specialized education outlets, while empathy's broader significance for history and philosophy has too often gone unnoticed. *Empathy and History* is the first comprehensive account of empathy's place in the practice, teaching, and philosophy of history. Beginning with the concept's roots in nineteenth-century German historicism, the book follows its historical development, transformation, and deployment while revealing its relevance for practitioners today.

To many Westerners, the most appealing teachings of the Buddhist tradition pertain to ethics. Many readers have drawn inspiration from Buddhism's emphasis on compassion, nonviolence, and tolerance, its concern for animals, and its models of virtue and self-cultivation. There has been, however, controversy and confusion about which Western ethical theories resemble Buddhist views and in what respects. In this book, Charles Goodman illuminates the relations between Buddhist concepts and Western ethical theories. Every version of Buddhist ethics, says Goodman, takes the welfare of sentient beings to be the only source of moral obligations. Buddhist ethics can thus be said to be based on compassion in the sense of a motivation to pursue the welfare of others. On this interpretation, the fundamental basis of the various forms of Buddhist ethics is the same as that of the welfarist members of the family of ethical theories that analytic philosophers call 'consequentialism.' Goodman uses this hypothesis to illuminate a variety of questions. He examines the three types of compassion practiced in Buddhism and argues for their implications for important issues in applied ethics, especially the justification of punishment and the question of equality.

A collection of essays explores empathy, using topics ranging from street violence and incarceration to reality television and literary sentimentality to ask questions about people's understanding of and relationships with others.

A leading cognitive scientist argues that a deep sense of good and evil is bred in the bone. From John Locke to Sigmund Freud, philosophers and psychologists have long believed that we begin life as blank moral slates. Many of us take for granted that babies are born selfish and that it is the role of society—and especially parents—to transform them from little sociopaths into civilized beings. In *Just Babies*, Paul Bloom argues that humans are in fact hardwired with a sense of morality. Drawing on groundbreaking research at Yale, Bloom demonstrates that, even before they can speak or walk, babies judge the goodness and badness of others' actions; feel empathy and compassion; act to soothe those in distress; and have a rudimentary sense of justice. Still, this innate morality is limited, sometimes tragically. We are naturally hostile to strangers, prone to parochialism and bigotry. Bringing together insights from psychology, behavioral economics, evolutionary biology, and philosophy, Bloom explores how we have come to surpass these limitations. Along the way, he examines the morality of chimpanzees, violent psychopaths, religious extremists, and Ivy League professors, and explores our often puzzling moral feelings about sex, politics, religion, and race. In his analysis of the morality of children and adults, Bloom rejects the fashionable view that our moral decisions are driven mainly by gut feelings and unconscious biases. Just as reason has driven our great scientific discoveries, he argues, it is reason and deliberation that makes possible our moral discoveries, such as the wrongness of slavery. Ultimately, it is through our imagination, our compassion, and our uniquely human capacity for rational thought that we can transcend the primitive sense of morality we were born with, becoming more than just babies. Paul Bloom has a gift for bringing abstract ideas to life, moving seamlessly from Darwin, Herodotus, and Adam Smith to *The Princess Bride*, Hannibal Lecter, and Louis C.K. Vivid, witty, and intellectually probing, *Just Babies* offers a radical new perspective on our moral lives.

'I believe that EQ starts with self-awareness and if we are aware that we need to make a change in our lives, this book can be of great help, if each one even practises a fraction of what is being read, [they] will see a sea change in their work life and personal life for sure.' -S.V. Nathan, chief talent officer, Deloitte India 'This book is an important contribution that provides us with insights about how to get the best from people and organizations in this volatile, uncertain, complex and ambiguous world.' -Sourav Mukherji, dean and professor of organizational behaviour, IIM-Bangalore 'One of the best books I have read on bringing EQ into the workplace.' -Prasad Kaipa, CEO Coach, board member, Indian School of Business, author of *From Smart to Wise* and TEDx speaker 'This book does a wonderful job of thinking about emotions in the Indian workplace. With its rich brew of personal experiences and learnings, engaging case studies, research and questionnaires, *From Command to Empathy* is essential reading for employees and their leaders.' -Manish Sabharwal, board member, Reserve Bank of India, and CEO, TeamLease In a world characterized by globalization and rapidly evolving technology, change is a given. The primary workforce is evolving and is now dominated by millennials who seek purpose and empathy - a phenomenon the top management grapples with. Most employers' understanding of this change is restricted, leading to most of the techniques used to address issues being in step with advances in process but overlooking the human element. Can an empathetic approach to our relationships at the workplace help us achieve more? Does the onus of creating and sustaining a supportive culture lie only with the top management? There is an urgent need to move away from traditional command-centred style of management towards an organizational culture that is inclusive, fosters trust and focuses on employee empowerment. *From Command to Empathy* addresses the tussle

between the management and the employees, and investigates the reasons behind them through anecdotes, case studies, questionnaires and self-scoring exercises. Avik Chanda and Suman Ghose draw from real-life examples and their deep industry experience, and research on organizational behaviour and neuroscience, to arrive at practical tips on how to inculcate and use emotional maturity in workplace situations to help readers achieve both professional and personal goals.

This book advances a journalistic theory of empathy, challenging long-held notions about how best to do journalism. Because the institution of journalism has typically equated empathy and compassion with bias, it has been slow to give the intelligence of the emotions a legitimate place in the reporting and writing process. Blank-Libra's work locates the point at which the vast, multidisciplinary research on empathy intersects with the work of the journalist, revealing a reality that has always been so: journalists practice empathy as a way to connect but also as a form of inquiry, as sincere and legitimate in its goals and aspirations as is objectivity.

Many consider empathy to be the basis of moral action. However, the ability to empathize with others is also a prerequisite for deliberate acts of humiliation and cruelty. In *The Dark Sides of Empathy*, Fritz Breithaupt contends that people often commit atrocities not out of a failure of empathy but rather as a direct consequence of over-identification and a desire to increase empathy. Even well-meaning compassion can have many unintended consequences, such as intensifying conflicts or exploiting others. Empathy plays a central part in a variety of highly problematic behaviors. From mere callousness to terrorism, exploitation to sadism, and emotional vampirism to stalking, empathy all too often motivates and promotes malicious acts. After tracing the development of empathy as an idea in German philosophy, Breithaupt looks at a wide-ranging series of case studies—from Stockholm syndrome to Angela Merkel's refugee policy and from novels of the romantic era to helicopter parents and murderous cheerleader moms—to uncover how narcissism, sadism, and dangerous celebrity obsessions alike find their roots in the quality that, arguably, most makes us human. Conventional product development focuses on the solution. Empathy is a mindset that focuses on people, helping you to understand their thinking patterns and perspectives. *Practical Empathy* will show you how to gather and compare these patterns to make better decisions, improve your strategy, and collaborate successfully.

A Stanford psychologist offers a bold new understanding of empathy, and shows how we can expand our circle of care, even in these divisive times. Empathy is in short supply. Isolation and tribalism are rampant. We struggle to understand people who aren't like us, but find it easy to hate them. Studies show that we are less caring than we were even thirty years ago. In 2006, Barack Obama said that the United States is suffering from an "empathy deficit." Since then, things only seem to have gotten worse. It doesn't have to be this way. In this groundbreaking book, Jamil Zaki argues that empathy is not a fixed trait--something we're born with or not--but rather a skill that we can all strengthen through effort. Drawing on both classic and cutting-edge research, including experiments from his own lab, Zaki shows how we can harness this new mindset to overcome toxic cultural divisions. He also tells the stories of people who are living these principles--fighting for kindness in the most difficult of circumstances. We meet a former neo-Nazi who is now helping extract people from hate groups, ex-prisoners discussing novels with the judge who sentenced them, Washington police officers changing their culture to decrease violence among their ranks, and NICU nurses fine-tuning their empathy so that they don't succumb to burnout. Written with clarity and passion, *The War for Kindness* is an inspiring call to action. The future may depend on whether we accept the challenge.

"This book will challenge you to rethink your vision of a good life. With sharp insights and lucid prose, Paul Bloom makes a captivating case that pain and suffering are essential to happiness. It's an exhilarating antidote to toxic positivity."
—Adam Grant, #1 New York Times bestselling author of *Think Again* and host of the TED podcast *WorkLife*

From the author of *Against Empathy* comes a different kind of happiness book, one that shows us how suffering is an essential source of both pleasure and meaning in our lives. Why do we so often seek out physical pain and emotional turmoil? We go to movies that make us cry, or scream, or gag. We poke at sores, eat spicy foods, immerse ourselves in hot baths, run marathons. Some of us even seek out pain and humiliation in sexual role-play. Where do these seemingly perverse appetites come from? Drawing on groundbreaking findings from psychology and brain science, *The Sweet Spot* shows how the right kind of suffering sets the stage for enhanced pleasure. Pain can distract us from our anxieties and help us transcend the self. Choosing to suffer can serve social goals; it can display how tough we are or, conversely, can function as a cry for help. Feelings of fear and sadness are part of the pleasure of immersing ourselves in play and fantasy and can provide certain moral satisfactions. And effort, struggle, and difficulty can, in the right contexts, lead to the joys of mastery and flow. But suffering plays a deeper role as well. We are not natural hedonists—a good life involves more than pleasure. People seek lives of meaning and significance; we aspire to rich relationships and satisfying pursuits, and this requires some amount of struggle, anxiety, and loss. Brilliantly argued, witty, and humane, Paul Bloom shows how a life without chosen suffering would be empty—and worse than that, boring.

Includes a Touchstone reading group guide in unnumbered pages at end of work.

In this thought-provoking book, the acclaimed author of *Our Inner Ape* examines how empathy comes naturally to a great variety of animals, including humans. Are we our brothers' keepers? Do we have an instinct for compassion? Or are we, as is often assumed, only on earth to serve our own survival and interests? By studying social behaviors in animals, such as bonding, the herd instinct, the forming of trusting alliances, expressions of consolation, and conflict resolution, Frans de Waal demonstrates that animals—and humans—are "preprogrammed to reach out." He has found that chimpanzees care for mates that are wounded by leopards, elephants offer "reassuring rumbles" to youngsters in distress, and dolphins support sick companions near the water's surface to prevent them from drowning. From day one humans have innate sensitivities to faces, bodies, and voices; we've been designed to feel for one another. De Waal's theory runs counter to the assumption that humans are inherently selfish, which can be seen in the fields of politics, law, and finance.

But he cites the public's outrage at the U.S. government's lack of empathy in the wake of Hurricane Katrina as a significant shift in perspective—one that helped Barack Obama become elected and ushered in what perhaps could become an Age of Empathy. Through a better understanding of empathy's survival value in evolution, de Waal suggests, we can work together toward a more just society based on a more generous and accurate view of human nature. Written in layman's prose with a wealth of anecdotes, wry humor, and incisive intelligence, *The Age of Empathy* is essential reading for our embattled times. "An important and timely message about the biological roots of human kindness."—Desmond Morris, author of *The Naked Ape*

The Empath. The word has found its way into our consciousness accompanied by ideas of healing, sharing emotion and pain. Empaths are sensitive, caring, responsive people who have at the core of their nature an innate ability to receive energy, information and awareness from others with a depth and intensity that is beyond our customary understanding of empathy. Yet, this very receptivity and permeability brings its own challenges. It is vital for empaths to recognize themselves as such and to consciously explore, understand and address this energetic flow in their life. Self-inquiry is the essential tool to understanding all that motivates and colors your experience of the world. The book explores in depth this receptivity, as well as tools, concepts and approaches to support understanding and how to flourish with this heightened sensitivity. This book is a shared journey, edited from years of workshops and sessions with Elisabeth Fitzhugh and the Orion group.

"We are all connected on a neurobiological level far more than we have previously realized. Consciously or not, we are in constant, natural resonance with one another's feelings. When we are engaged in shared mind awareness, the possibilities for mutual aid and collaborative problem solving abound." —Helen Riess, MD *A Revolutionary Guide for Understanding and Changing the Way We Connect* Empathy is undergoing a new evolution. In a global and interconnected culture, we can no longer afford to identify only with people who seem to be a part of our "tribe." As Dr. Helen Riess has learned, our capacity for empathy is not just an innate trait—it is also a skill that we can learn and expand. With *The Empathy Effect*, Dr. Riess presents a definitive resource on empathy: the science behind how it works, new research on how empathy develops from birth to adulthood, and tools for building your capacity to create authentic emotional connection with others in any situation. Dr. Riess emerged as leading researcher on empathy by creating a breakthrough training curriculum now used internationally in health care, business, and education. Drawing from this successful program and the latest science, she presents:

- The E.M.P.A.T.H.Y.® method—a powerful seven-step system for understanding and increasing empathy, starting with Eye Contact and ending with Your Response
- How empathy works—a comprehensive synthesis emerging from neuroscience, sociology, developmental psychology, and evolutionary theory
- Tools for recognizing and promoting empathic behavior in yourself and others
- Parenting and teaching empathy in kids—guidance for every stage of development
- Texts, emojis, and digital empathy—the modern challenge of authentic connection in the information age
- Empathy through art and literature—exploring the power of creative expression to expand our emotional experience
- Leading with empathy—how political and business leaders can combine compassion with efficiency through group empathy skills and shared mind intelligence
- Digging deep for empathy—how to reverse scapegoating and recognize shared humanity with those we normally keep at a distance
- Self-compassion—why your ability to express love toward yourself affects every other relationship in your life

"Nourishing empathy lets us help not just ourselves," says Dr. Riess, "but also everyone we interact with, whether for a moment or a lifetime." *The Empathy Effect* is a life-changing book that will revolutionize the way you understand yourself, relate to your loved ones, and connect to every person in your life.

In a divided world, empathy is not the solution, it is the problem. We think of empathy – the ability to feel the suffering of others for ourselves – as the ultimate source of all good behaviour. But while it inspires care and protection in personal relationships, it has the opposite effect in the wider world. As the latest research in psychology and neuroscience shows, we feel empathy most for those we find attractive and who seem similar to us and not at all for those who are different, distant or anonymous. Empathy therefore biases us in favour of individuals we know while numbing us to the plight of thousands. Guiding us expertly through the experiments, case studies and arguments on all sides, Paul Bloom ultimately shows that some of our worst decisions – in charity, child-raising, criminal justice, climate change and war – are motivated by this wolf in sheep's clothing. Brilliantly argued, urgent and humane, *Against Empathy* overturns widely held assumptions to reveal one of the most profound yet overlooked sources of human conflict.

New York Post Best Book of 2016 We often think of our capacity to experience the suffering of others as the ultimate source of goodness. Many of our wisest policy-makers, activists, scientists, and philosophers agree that the only problem with empathy is that we don't have enough of it. Nothing could be farther from the truth, argues Yale researcher Paul Bloom. In *AGAINST EMPATHY*, Bloom reveals empathy to be one of the leading motivators of inequality and immorality in society. Far from helping us to improve the lives of others, empathy is a capricious and irrational emotion that appeals to our narrow prejudices. It muddles our judgment and, ironically, often leads to cruelty. We are at our best when we are smart enough not to rely on it, but to draw instead upon a more distanced compassion. Basing his argument on groundbreaking scientific findings, Bloom makes the case that some of the worst decisions made by individuals and nations—who to give money to, when to go to war, how to respond to climate change, and who to imprison—are too often motivated by honest, yet misplaced, emotions. With precision and wit, he demonstrates how empathy distorts our judgment in every aspect of our lives, from philanthropy and charity to the justice system; from medical care and education to parenting and marriage. Without empathy, Bloom insists, our decisions would be clearer, fairer, and—yes—ultimately more moral. Brilliantly argued, urgent and humane, *AGAINST EMPATHY* shows us that, when it comes to both major policy decisions and the choices we make in our everyday lives, limiting our impulse toward empathy is often the most compassionate choice we can make.

"Examines the science behind humans' strange and curious desires, attractions and tastes, covering everything from the animal instincts of sex and food to the uniquely human taste for art, music and stories, in a book that draws on insights from child development, philosophy, neuroscience and more."

What if there were a single skill that could directly and radically improve your relationships and your emotional life? Empathy, teaches Karla McLaren, is that skill. With *The Art of Empathy*, she teaches us how to perceive and feel the experiences of others with clarity and authenticity—to connect with them more deeply and effectively. Informed by current insights from neuroscience, social psychology, and healing traditions, this book explores: Why empathy is not a mystical phenomenon but a natural, innate ability that we can strengthen and develop How to identify and regulate our emotions and boundaries The process of shifting into the perspective of others How to provide support in a sensitive and healthy way Insights for navigating our hyper-connected social landscape Targeted chapters for improving family, workplace, and intimate relationships Ways to expand our empathy to our community, global levels of society, and the natural world More than ever, reflects Karla McLaren, the time for empathy has come. *The Art of Empathy* brings welcome, practical guidance for mastering this essential life skill.

Empathy is credited as a factor in improved relationships and even better product development. But while it's easy to say "just put yourself in someone else's shoes," the reality is that understanding the motivations and emotions of others often proves elusive. This book helps you

understand what empathy is, why it's important, how to surmount the hurdles that make you less empathetic—and when too much empathy is just too much. This volume includes the work of: Daniel Goleman Annie McKee Adam Waytz This collection of articles includes “What Is Empathy?” by Daniel Goleman; “Why Compassion Is a Better Managerial Tactic Than Toughness” by Emma Seppala; “What Great Listeners Actually Do” by Jack Zenger and Joseph Folkman; “Empathy Is Key to a Great Meeting” by Annie McKee; “It’s Harder to Empathize with People If You’ve Been in Their Shoes” by Rachel Rutton, Mary-Hunter McDonnell, and Loran Nordgren; “Being Powerful Makes You Less Empathetic” by Lou Solomon; “A Process for Empathetic Product Design” by Jon Kolko; “How Facebook Uses Empathy to Keep User Data Safe” by Melissa Luu-Van; “The Limits of Empathy” by Adam Waytz; and “What the Dalai Lama Taught Daniel Goleman About Emotional Intelligence” an interview with Daniel Goleman by Andrea Ovans. How to be human at work. The HBR Emotional Intelligence Series features smart, essential reading on the human side of professional life from the pages of Harvard Business Review. Each book in the series offers proven research showing how our emotions impact our work lives, practical advice for managing difficult people and situations, and inspiring essays on what it means to tend to our emotional well-being at work. Uplifting and practical, these books describe the social skills that are critical for ambitious professionals to master.

'If we hope to meet the moral test of our times, then I think we're going to have to talk more about the "empathy deficit". The ability to put ourselves in somebody else's shoes, to see the world through somebody else's eyes . . .' Barack Obama Empathy is the power of understanding others, imaginatively entering into their feelings. It is a fundamental human attribute, without which mutually co-operative societies cannot function. In a revolutionary development, we now know who has it, who lacks it and why. Via the MRI scanner we are mapping the human brain. This is a new frontier that reveals a host of beneficial ideas for childcare, teens challenged by the internet, the justice system, decent healthcare, tackling racism and resolving conflicts. In this wide-ranging and accessible book full of entertaining stories that are underlined by the latest scientific research, Peter Bazalgette also mounts a passionate defence of arts and popular culture as a means of bridging the empathy gap. As the world's population expands, consuming the planet's finite resources, as people haunted by poverty and war are on the move and as digital communications infinitely complicate our social interactions, we find our patience and our sympathy constantly challenged. Here is the antidote. Culminating in a passionate manifesto on empathy, *The Empathy Instinct* is what makes us human and what can make us better humans.

The deliciously sharp new novel from Ferdinand Mount, author of the Sunday Times Book of the Year *Kiss Myself Goodbye* Ferdinand Mount's stinging satire plunges into the dubious world of London PR firms, the back rooms of Westminster and the campaign trail in Africa and America. We follow the hapless Dickie Pentecost, redundant diplomatic correspondent for a foundering national newspaper, together with his stern oncologist wife Jane, and their daughters Flo, an aspiring ballerina, and the quizzical teenager Lucy. The whole family find themselves entangled in an ever more alarming series of events revolving around the elusive Ethel (full name Ethelbert), dynamic founder of the soaring public relations agency *Making Nice*. With echoes of Evelyn Waugh and *The Thick of It*, *Making Nice* is a masterly take on the madness of contemporary society and the limitless human capacity for self-deception.

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