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The Gentle Art of Blessing: A Simple Practice That Will Transform You and Your World

Pierre Pradervand

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How can a blessing change the world? According to Pierre Pradervand, making the conscious choice to bless every person or being around you can truly make a world of difference in yourself and in others around you. In *The Gentle Art of Blessing*, Pradervand shows that the practice of blessing has the power to create more than just a renewed perspective. It unleashes tangible benefits throughout your entire life -- through your daily interactions, your life-long relationships, and in the way your approach your place in the world.

Pradervand describes blessing as genuinely wishing the best for another person through seeing their individual worth and honoring them for it. By looking at several different perspectives -- providing spiritual inspiration from Hinduism, Taoism, the Koran, the Bible, and other important spiritual sources -- *The Gentle Art of Blessing* explores the potential in shifting one's attitude from confrontation and negativity to acceptance and enthusiasm. A powerfully simple way of perceiving and shaping our surroundings, blessings can reflect the unconditional love and acceptance that is necessary for world -- and inner -- peace.

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