



daily GOOD

Nothing can make our life, or the lives of other people, more beautiful than perpetual kindness. --Leo Tolstoy

Small Kindnesses

"Healing the Divide: Poems of Kindness and Connection," is an anthology that includes poems by Ross Gay, Marie Howe, Naomi Shihab Nye and many others. The poems within it urge readers in these polarized times to "move past the negativity that often fills the airwaves, and to embrace the ordinary moments of kindness and connection that fill our days." What follows is one of the poems from this collection, titled, "Small Kindnesses," by Danusha Lameris.

Be The Change:

Practice perpetual kindness today.