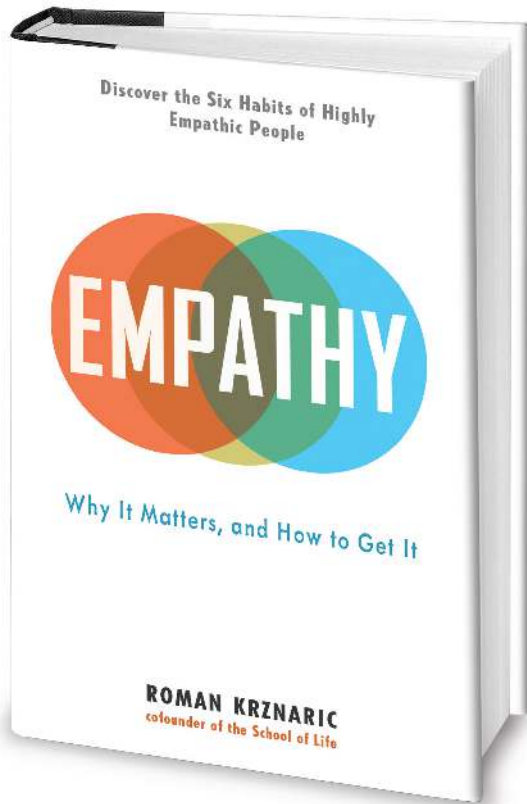


# EMPATHY

## Why It Matters, and How to Get It

Discover why seeing the world through the eyes of others is the key to a happier life and a better world



“Authentic relationships require us to see the world through the eyes of others. This engaging and insightful book helps us do just that.”

~ John Gray, author of *Men Are from Mars, Women Are from Venus*

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. Informed by powerful examples from the worlds of art and design, medicine and humanitarianism, neuroscience and more, Krznaric presents the six habits of highly empathic people--which anyone can emulate in order to make themselves, and the world, more truly fulfilled.

“A powerful case for empathy as the key to a better life and better world.” ~Matthew Taylor, Chief Executive, Royal Society of Arts

### PRAISE FOR ROMAN KRZNARIC'S PREVIOUS BOOK, *HOW SHOULD WE LIVE?*

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“Part psychological manual, part cultural manifesto, part philosophical memoir of our civilization’s collective conscience...an illuminating and awakening read.” ~Maria Popova, Brainpickings

**ROMAN KRZNARIC** is a cultural thinker and writer on the art of living. He is a founding faculty member of The School of Life in London, which offers instruction and inspiration on the important questions of everyday life, and advises organizations including Oxfam and the United Nations on using empathy and conversation to create social change. His previous books include *How Should We Live? Great Ideas from the Past for Everyday Life* and *How to Find Fulfilling Work*. His books have been translated into more than a dozen languages.

To learn more, visit [RomanKrznaric.com](http://RomanKrznaric.com).



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