

Compassion

1. "We may say that sympathy, compassion, and love attach one to 'the good' of others, involving desires to benefit and not harm them."
R. Hursthouse (1999), *On Virtue Ethics*, p. 101.
2. "The total happiness is higher for a person who has compassion and love for others, other things being equal."
M. Baucells & R. Sarin (2012): *Engineering Happiness: A New Approach for Building a Joyful Life*, p. 175.
3. "One cost of the frenetic stream of distractions we face today, some fear, is an erosion of empathy and compassion."
D. Goleman (2013): *Focus, The hidden Driver of Excellence*, p. 107.
4. "The basic idea of compassion is the understanding that everyone suffers, including the person you are most angry with."
R. Layard (2005): *Happiness: Lessons from a New Science*, p. 190.
5. "Compassion requires that we feel at least some connection to other people."
M. Leary (2007): *The Curse of the Self: Self-Awareness, Egotism, and the Quality of Human Life*, p. 112.
6. "The overall picture that has emerged from the study of the compassionate brain is that there is no empathy center with empathy neurons, but complex patterns of activation and modulation that depend on perceivers' interpretation of the straits of another person and the nature of their relationship with the person."
S. Pinker (2011): *The Better Angels of our Nature*, p. 578.
7. "If you practice more kindness and tolerance, you will find more peace."
Dalai Lama (2003), *How to Practise, The Way to a Meaningful Life*, p. 83.
8. "In my experience, as people see more of the systems within which they operate, and as they understand more clearly the pressures influencing one another, they naturally develop more compassion and empathy."
P. Senge (1994): *The Fifth Discipline: The Art & Practice of The Learning Organization*, p. 160.
9. "It grows out of empathy with those in need, and the whole point of empathy is a blurring of the line between self and other."
F. de Waal (2013): *The Bonobo and the Atheist: In Search of Humanism Among the Primates*, p. 33.
10. "True compassion, then, required a person to discover very vulnerable parts of themselves; not an easy experience to tolerate."
T. Watt Smith (2015): *The Book of Human Emotions*, p. 53.
11. "But these findings also verified the importance for each of us to be attuned to our own internal states in order to attune to others."
D. Siegel (2007): *The Mindful Brain: Reflection and Attunement in the Cultivation of Well-Being*, p. 168.
12. "We suggest Generalization 9-4: Change agents' success in securing the adoption of innovations is positively related to empathy with clients."
E. Rogers (2003): *Diffusion of Innovations, Fifth Edition*, p. 377.

13. "Empathy represents the perfect storm of sympathetic sharing of another's feelings, understanding what is likely being experienced and what kind of help or comfort is needed, and having prosocial motivation to act on behalf of others without necessarily weighing the costs and benefits to oneself."

M. Lieberman (2013): *Social: Why Our Brains Are Wired to Connect*, p. 178.

14. "But soon, Beal knows from personal experience, people who initially give things away for selfish reasons begin to care about the people they're helping."

A. Grant (2013): *Give and Take: A Revolutionary Approach to Success*, p. 223.

15. "Mentalizing is related to empathy, but it differs in that empathy might be regarded as a 'hot' form of cognition (we feel what the other person feels) whereas mentalizing is more like 'cold' cognition (we understand it)."

C. Gamble, J. Gowlett & R. Dunbar (2014): *Thinking Big: How the Evolution of Social Life Shaped the Human Mind*, p. 51.