



Tiny Buddha's 365 Tiny Love Challenges

Lori Deschene

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From the founder of the popular online community Tiny Buddha.com comes a daily inspirational guide of simple and creative challenges to help you actively spread love to those around you.

Tiny Buddha's 365 Days of Tiny Love Challenges is a simple guide to help readers pursue happy, connected lives and bring greater love into the world.

Each week begins with an inspirational message written by members of the TinyBuddha.com online community, followed by seven days of short challenges that focus on self-love, giving and receiving love in relationships and friendships, and spreading love in the world, such as:

- Write a list of three things you appreciate about yourself and place it somewhere in your home where you'll frequently see it throughout the day
- Compliment someone who serves you in some way (for example, a waiter, barista, or bus driver) on how well they do their job
- Keep an eye out for someone who looks sad—a friend, coworker, or even stranger—and say something that might make them laugh or smile.

By using the book each day throughout the year, readers will learn to develop closer bonds in relationships, let go of anger and bitterness, better understand themselves and their loved ones, and turn strangers into friends.

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