



# Altruism: The Power of Compassion to Change Yourself and the World

*Matthieu Ricard*

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In *Happiness*, Matthieu Ricard demonstrated that true happiness is not tied to fleeting moments or sensations but is an enduring state of soul rooted in mindfulness and compassion for others.

Now he turns his lens from the personal to the global, with a rousing argument that altruism - genuine concern for the well-being of others - could be the saving grace of the 21st century. It is, he believes, the vital thread that can answer the main challenges of our time: the economy in the short term, life satisfaction in the midterm, and environment in the long term.

Ricard's message has been taken up by major economists and thinkers, including Dennis Snower, Amartya Sen, Joseph Stiglitz and George Soros.

Matthieu Ricard makes a robust and passionate case for cultivating altruistic love and compassion as the best means for simultaneously benefiting ourselves and our society. It's a fresh outlook on an ardent struggle and one that just might make the world a better place.

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