

Most people are terribly unkind to themselves. We make harsh judgements on ourselves, engage in endless self-criticism and are unforgiving of even the smallest of failings. At the same time, we can be loving and kind parents, generous and encouraging friends, and supportive and committed colleagues. We give everyone else our best only to give ourselves our worst. The Kindness Pact introduces readers to the Eight Promises - commitments you need to make to yourself if you want to feel good about who you are and the life you live. These promises invite you to be as kind to yourself as you are to the other important people in your life. Each chapter also includes inspiring stories of personal change that Domonique has seen firsthand through her work as a lifestyle coach.

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