

# Booklist

Advanced Review – Uncorrected Proof

Issue: October 1, 2020

## **The Empathy Advantage: Coaching Children to Be Kind, Respectful, and Successful.**

By Lynne Azarchi

Nov. 2020. 304p. Rowman & Littlefield, \$30 (9781538143704); e-book, \$28.50 (9781538143711). 155.4

In this time of social distancing, racial unrest, and cyberbullying, there is a real need for empathy. Azarchi, executive director of the nonprofit Kidsbridge Tolerance Center and a self-proclaimed empath (one who feels others' feelings strongly), presents an easy-to-follow plan for teaching respect and kindness. Empathy begins at home, says the author, and the earlier, the better. Azarchi offers such practical suggestions as holding family meetings, limiting screen time, and emphasizing face-to-face activities. She organizes her tips by age level, beginning with infancy and moving through high school, suggesting books and games to share, age-appropriate chores, and ways to turn life's challenges into teaching moments. Azarchi admits to being less than perfect with her own children, using her experiences at home and at the center to reinforce her ideas. Empathy begins with self-compassion, which needs to be nurtured at a young age. Watching thoughtful documentaries, telling stories, raising pets, and choosing worthwhile heroes are all means to encourage children to "walk in another's shoes." Backed by science and truly instructive, Anzarchi's inspiring book couldn't come at a better time.

— *Candace Smith*