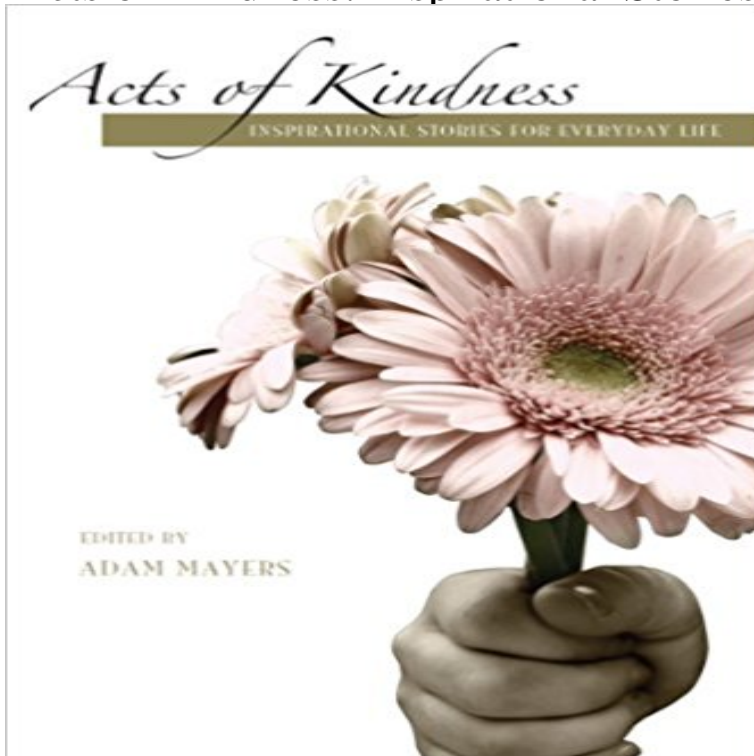


## Acts of Kindness: Inspirational Stories for Everyday Life



Small things can often mean a great deal. For the past five years readers of the Toronto Stars website have been telling each other that, as they shared their stories in a feature called Acts of Kindness. The common thread is that a stranger helped when it was needed most, without thought of a reward and often without leaving a name. Since its debut in December, 2004, Acts of Kindness has become a daily fixture at thestar.com. About four thousand stories have been submitted and two thousand have been published. Acts of Kindness, the book, represents the best of the best - a collection of 200 of the most memorable tales. The stories are a reminder that goodness is non-denominational, non-political, and transferable across race and language. They also remind us that although our lives are full of hard realities, the smallest gesture can raise a spirit or lift a heart, and the time to do it is now.

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