



NEWS RELEASE

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Author Donna Cameron shares tips for living more kindly at Everett Public Library

EVERETT, WA – Being kind isn't always easy, but Donna Cameron believes we can strengthen our kindness muscles. The author appears in a free program at 2 p.m. on Saturday, May 4, in the Everett Public Library auditorium, 2702 Hoyt Avenue in Everett.

In her book, "A Year of Living Kindly," Cameron points out that while most of us aspire to be kind, actually *being* kind isn't always easy in these challenging times. Our best intentions often fade when the realities of daily life intrude: traffic, telemarketers, crowded spaces, time constraints, and our own ineptness. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when kindness is most needed.

Using stories, observation, humor, and summaries of expert research, Donna Cameron shares her experience committing to 365 days of practicing kindness. Join us, and make a life-changing commitment to kindness. Change your life and change the world.

Cameron's book earned a gold medal in the IPPYs (Independent Publisher awards); is a finalist for the Montaigne Medal, which recognizes the most thought-provoking books of the year; and was named a finalist for the Foreword Indie Awards.

For further information, please visit www.epls.org or call 425-257-8000.

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