



Beauty and the Soul: The Extraordinary Power of Everyday Beauty to Heal Your Life

Piero Ferrucci

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Beauty and the Soul: The Extraordinary Power of Everyday **Beauty to Heal Your Life**

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Beauty and the Soul: The Extraordinary Power of Everyday Beauty to Heal Your Life Piero Ferrucci The bestselling author of *The Power of Kindness* shows how the ability to appreciate beauty-far from being a luxury or an afterthought-is vital to leading a happy, balanced, and satisfying life.

Beauty is all around us-in a flower, a song, the sound of water falling, or a dramatic painting. We often think of it as just "window dressing." But it's not-it is one of the key elements of a healthy, happy existence, and fully engaging with the everyday beauty that surrounds us can help us combat depression, stress, and malaise, speed recovery, help us make connections with others, and build happier lives.



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