

*Let's have some fun?*



*“Practice and repetition lead us to perfection, or at least, closer enough”.*

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Here are the answers

1. What is humans' strongest instinct?

The answer is: to show sympathy to others

2. What is the network in our brains that helps us empathize?

The answer is: oxytocin network

3. What have scientists found out about this brain network?

The answer is: it tells us that kindness is part of our nature

4. What do the scientists say makes humans feel happy?

The answer is: feeling compassion

5. What can make us feel more content in life?

The answer is: offering gestures of compassion to others

6. What value can be a powerful aid to better health?

The answer is: showing kindness and compassion

7. Can each of us learn to be kind?

The answer is: Yes

8. What is a benefit to cultivating compassion?

The answer is: better health

9. What groups of words are synonyms of "kindness"?

The answer is: altruism, tolerance, courtesy

*Fab Silva*