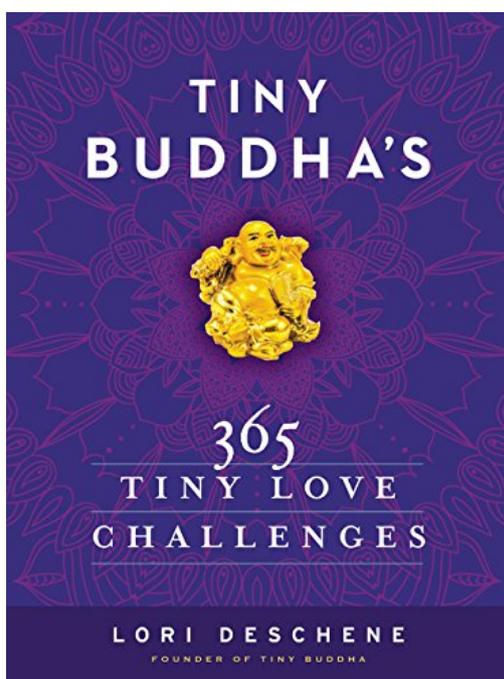


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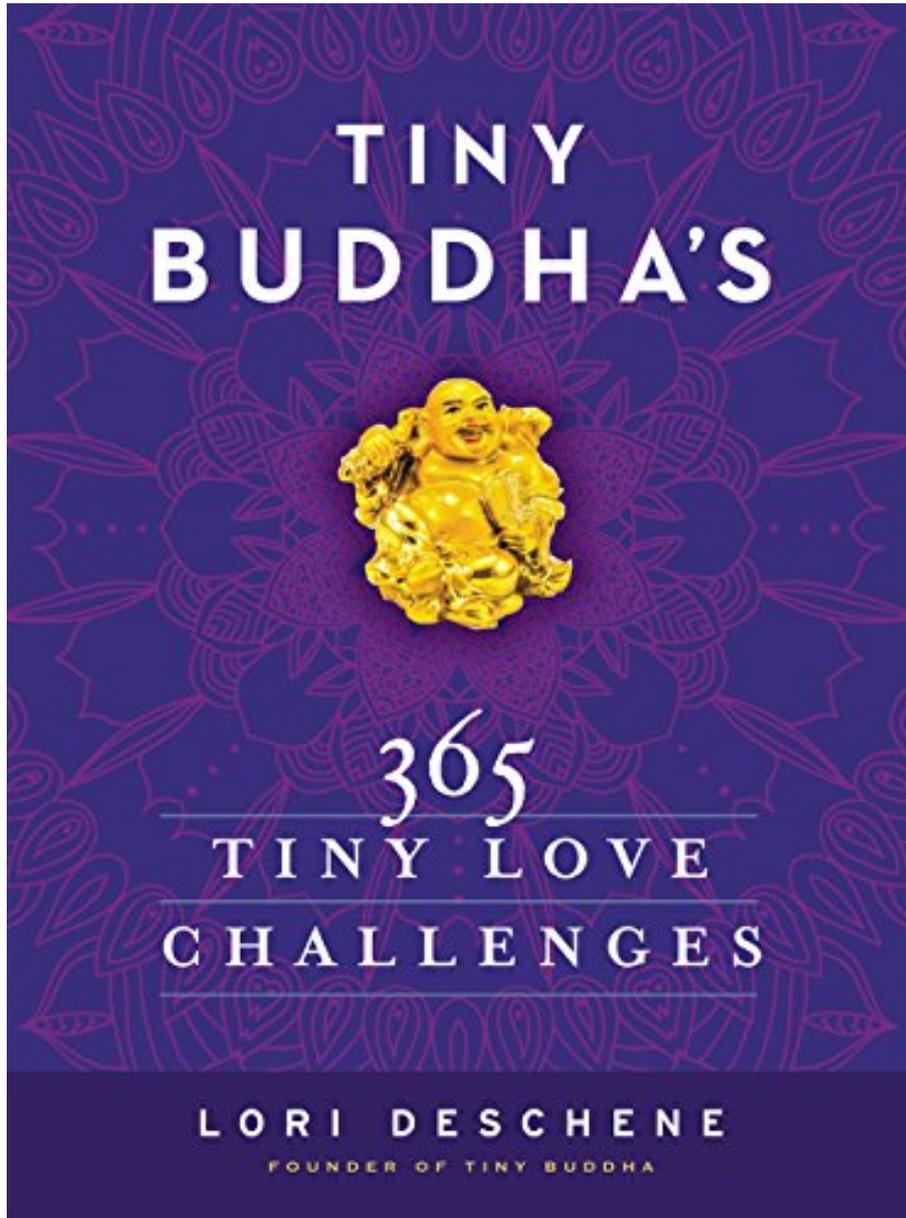
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Review

“What a terrific resource! Provides so many thought-provoking ideas for simple, fun challenges to help us live happier, more loving lives.” (Gretchen Rubin, author of *Better Than Before: Mastering the Habits of Our Everyday Lives*)

“Lori Deschene has given us a gift. A wonderful way to practice spreading love in the world. Let this book inspire you to spend a few minutes each day on a journey to become a more loving, compassionate person.” (Marci Shimoff, author of *Chicken Soup for the Woman's Soul*)

“Tiny Buddha’s 365 Tiny Love Challenges offers readers a year’s worth of creative challenges designed to bring more love, sweet love into your life.” (Parade)

“Daily guide of small but creative challenges to spread love to everyone. ... Stick it out through the year and see how you can cultivate a new outlook on relationships, the kind of emotions you choose to hang onto and where you can insert love instead.” (Bustle)

“Cuts through the mental clutter and helps you seek joy in the moment. Lori Deschene’s approach is fun and inspirational. If you’re looking for a daily guide to happiness this year, this is the book for you.” (MindBodyGreen)

“Designed as a means for connecting fully with life, Deschene’s delightful guide presents daily challenges and reflections on such themes as kindness, thoughtfulness, support, and encouragement. A stellar first step for those seeking more satisfying relationships with themselves and their community.” (Library Journal)

“A great go-to gift for family and friends who need an extra boost of inspiration!” (Dodinsky, author of *In the Garden of Thoughts*)

“If spreading love in the world can be as easy as one simple act a day, sign me up! Let Lori and her Tiny Buddha community be your guide to a happier, more fulfilled life.” (Karen Salmansohn, author of *How to be Happy, Dammit*)

“All of us are looking for ways to be kinder, more compassionate, and generous. This turns those aspirations into concrete, down-to-earth practices that can be life-changing.” (Toni Bernhard, author of *How to Wake Up: A Buddhist-Inspired Guide for Navigating Joy and Sorrow*)

“Most books about love don’t offer the ideas and tools that can lead to more love in one’s life. Yet, this book delivers the goods. Full of truly practical things that will make a noticeable difference. Try them out and see where they take you.” (Jonathan Robinson, author of *Find Happiness Now*)

“Take on even a few of these challenges, and you will quickly discover more intimacy, connection, and love. These healing practices wriggle right into the fears and inadequacies that hold us back and gently invite us to relate from the place within us that is authentic, compassionate, and whole.” (Gail Brenner, Ph.D. author of *The End of Self-Help: Discovering Peace and Happiness Right at the Heart of Your Messy, Scary, Brilliant Life*)

“What a lovely resource for daily inspiration and practice. The challenges are simple enough to be completed in a matter of minutes, yet powerful enough to warm your heart every day of the year.” (Shamash Alidina, author of *The Mindful Way through Stress*)

“So many of us want to cultivate more love in our lives— how loving of Lori Deschene and Tiny Buddha to gently guide us through a year’s worth of tender ways to expand our hearts.” (Leah Pearlman, creator of *Dharma Comics*)

“Brimming with useful tips, intriguing challenges, and inspiring stories that help you make thoughtful choices. Lori Deschene’s inspirational guide is for anyone who wants to contribute to making the world a kinder and more loving place.” (Amanda Owen, author of *The Power of Receiving: A Revolutionary Approach to Giving Yourself the Life You Want*)

“Lori Deschene’s *Tiny Buddha’s 365 Tiny Love Challenges* not only can guide us in being more compassionate toward people in all walks of life, but indeed, is also an inspiring path to peace in a world in desperate need of it.” (Daniel A. Miller, author of *Losing Control, Finding Serenity: How the Need to Control Hurts Us and How to Let It Go*)

“Lori Deschene offers simple steps to big changes in a unique style that is thoughtful, entertaining, practical, and wise. Her day-by-day suggestions are genius. I love her work and highly recommend this book.” (Karyn Hall, Ph.D., author of *The Emotionally Sensitive Person*)

“A big book of tiny suggestions that encourages us to participate in the community with kindness and authenticity, and can have a powerful impact on our own lives and the lives of those around us.” (Krista Lester, author of *Bunny Buddhism: Hopping Along the Path to Enlightenment*)

“Love isn’t something you have or don’t have. Love is both a practice and a choice. This *Tiny Buddha* guide is like a daily invitation to create more love, intimacy and connection in your life one small but mighty act at a time. Daring. Thought provoking.” (Christine Arylo, best-selling author and founder of the international self-love movement)

“What Lori Deschene offers us are the very tools needed to dismantle the walls that prevent us from giving and receiving the love we long for most.” (Kimber Simpkins, author of *Full: How I Learned to Satisfy My Insatiable Hunger and Feed My Soul* and *52 Ways to Love Your Body*)

“Lori inspires her contributors to share personal growth experiences within a framework of practical everyday wisdom. A day-by-day compilation of the rich resources found at Tiny Buddha organized into personal growth challenges that we all can work on.” (Ray Dodd, author of *The Toltec Secret to Happiness*)

“Tiny Buddha is a giant of a teacher. For the person truly interested in their personal growth, there is a great deal to chew on in this calendar’s worth of challenges. Secular in nature with a soupçon of spirituality, this little gem is worthy of serious attention.” (Allan Lokos, Founder and Guiding Teacher of the Community Meditation Center and the author of *Through the Flames*)

“Deschene believes that anyone can join the love fest and she’s broken her strategy down into daily doses to help readers do just that. A day-by-day reminder to stop, look, and listen to other people.... [An] all around gem.” (Anna Jedrziewski, *Retailing Insight*)

“We get so caught up in the rush of everyday life that we often forget to stop and think about why we do things the way we do...These suggestions [from Tiny Buddha’s 365 Tiny Love Challenges], though they seem small, will make a big impact on your life.” (Good News Network)

“I have been following the wisdom of Tiny Buddha for some time now, and was thrilled when I saw Tiny Buddha’s 365 Days of Tiny Love Challenges. A simple guide to help readers pursue happy, connected lives and bring greater love into the world.” (*Amaze Magazine*)

About the Author

Lori Deschene is the founder of tinybuddha.com, a community of people interested in sharing wisdom for a happier life.

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