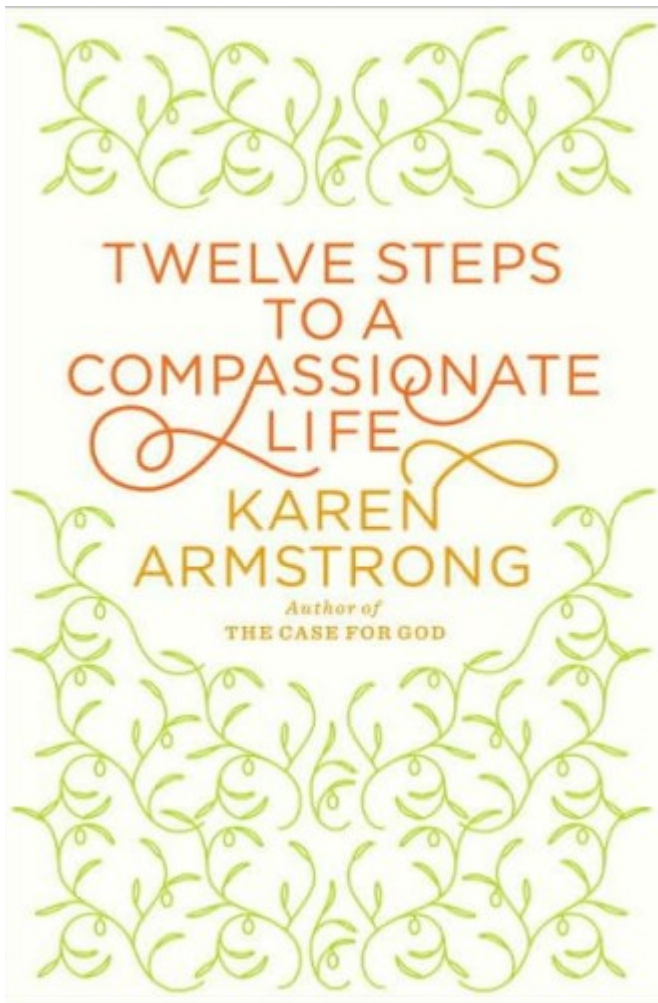


A review of Twelves Steps to a Compassionate Life

Books in the [January 25, 2011](#) issue

In Review



Twelves Steps to a Compassionate Life

By Karen Armstrong
Knopf

In 2008 noted religious historian Armstrong started Charter for Compassion, an organization that sought input from religious leaders and thinkers of many traditions to create a manifesto for compassionate living. The resulting charter asserts that a universal moral code, bearing resemblance to the Golden Rule, is present in all religions and cultures. Trading in explication for inspiration, Armstrong's book is meant to be a primer on how to apply this charter in daily life. The book's 12 steps—including "Empathy," "Action" and "Concern for Everybody"—are based on the belief that a mindful life is one well lived.