

Choosing Compassion: The Paradox of Power (6 – 20 min videos on DVD)

A program designed for Personal, Group and Organizational Change
Presented by Michael H. Crosby, OFM Cap.

Learn how to transform your life through compassion today.

In 1950, Albert Einstein made a revolutionary observation of humanity. He stated that individuals too often see themselves as “separate from the rest,” meaning elite and self-absorbed. He also said that this “delusion of consciousness” was despairingly widespread. The only solution requires an effort of “widening our circle of compassion.”

In this 6-lecture DVD set and its accompanying study guide, award-winning author, Fr. Michael H. Crosby, shows how compassion is essential to our personal and social lives. You will learn how to move away from the dominating ways of society and towards love and compassion. In doing so, you will build trust and collaboration at all levels: personal, familial, workplace, and organizational.

In this thought-provoking program, you will explore such questions as: How do you relate to others in your personal and professional life? Do others see you as genuinely caring at home, among your friends, or at work?

This program is perfect for individuals looking to build more effective relationships, and it is also well-suited for viewings in group settings, such as organizations and families.

The accompanying study guide includes six lesson plans that provide you with dynamic, interactive exercises and discussion points for each video segment. This video program is drawn from Michael H. Crosby's book, *The Paradox of Power: From Control to Compassion*, and was produced by the Province of St. Joseph of the Capuchin Order.

With your confirmation email, you will receive a link that will take you to the Electronic Study Guide, which includes outlines for each topic, review questions and suggested readings for further study. The link to access this Electronic Study Guide will also be included on the case of your CDs or DVDs. You are allowed to print up to 7 copies of your guide. Simply click on the link, or type it into your browser, to access the file.

Topic Titles

- The Foundation of Power: Care or Control?
- Negative Power: From Abuse through Violence to Indifference
- Resolving Conflicts, Reconciling Relationships
- Choosing to Change from the Negative to the Positive
- Positive Power: Building Trust for Collaboration
- Compassion: The Goal of Nonviolence, Peace, and Love

For more information and sample video clips go to: <http://www.choosingcompassion.net/index.php>