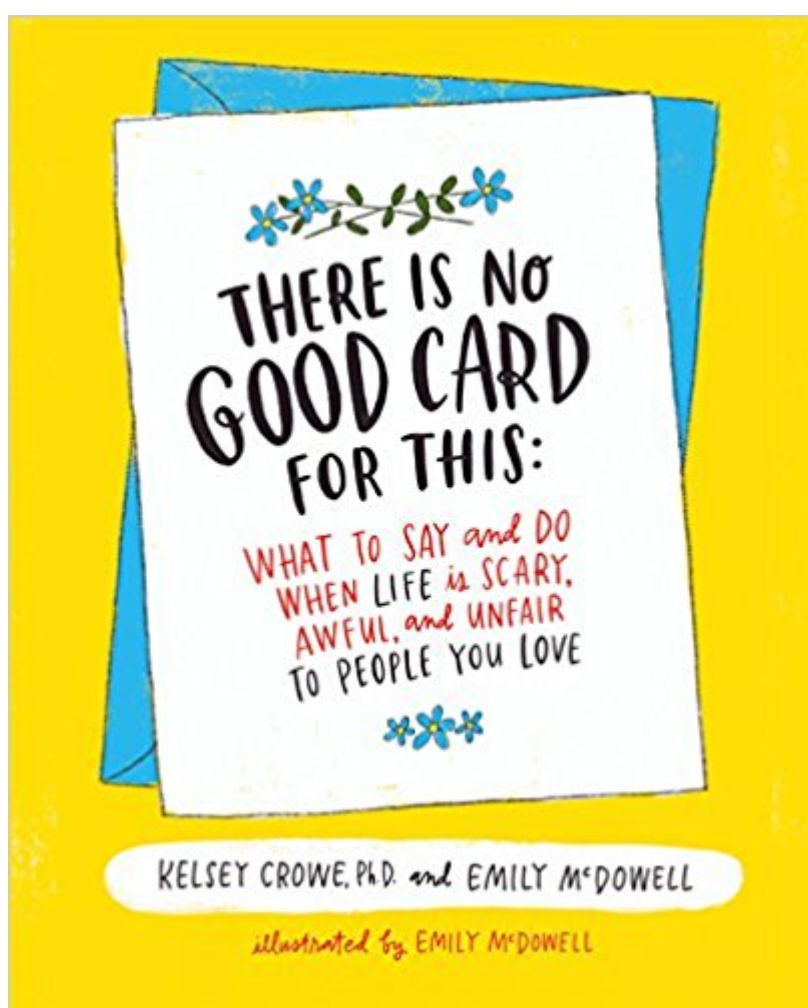


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# There Is No Good Card For This: What To Say And Do When Life Is Scary, Awful, And Unfair To People You Love



## Synopsis

The creator of the viral hit "Empathy Cards" teams up with a compassion expert to produce a visually stunning and groundbreaking illustrated guide to help you increase your emotional intelligence and learn how to offer comfort and support when someone you know is in pain. When someone you know is hurting, you want to let her know that you care. But many people don't know what words to use or are afraid of saying or doing the wrong thing. This thoughtful, instructive guide, from empathy expert Dr. Kelsey Crowe and greeting card maverick Emily McDowell, blends well-researched, actionable advice with the no-nonsense humor and the signature illustration style of McDowell's immensely popular Empathy Cards, to help you feel confident in connecting with anyone experiencing grief, loss, illness, or any other difficult situation. Written in a how-to, relatable, we've-all-been-that-deer-in-the-headlights kind of way, *There Is No Good Card for This* isn't a spiritual treatise on how to make you a better person or a scientific argument about why compassion matters. It is a helpful illustrated guide to effective compassion that takes you, step by step by step, past the paralysis of thinking about someone in a difficult time to actually doing something (or nothing) with good judgment instead of fear. *There Is No Good Card for This* features workbook exercises, sample dialogs, and real-life examples from Dr. Crowe's research, including her popular "Empathy Bootcamps" that give people tools for building relationships when it really counts. Whether it's a coworker whose mother has died, a neighbor whose husband has been in a car accident, or a friend who is seriously ill, *There Is No Good Card for This* teaches you how to be the best friend you can be to someone in need.

## Book Information

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## Customer Reviews

• (Sheryl Sandberg, author of Lean In) • This book is a gift. It's the wonderful crash course in Humanity 101 that none of us got to take in school. Without judgment, and with humor and compassion, this book shows you how to show up as the best possible version of yourself when it matters most. • (Elizabeth Gilbert, New York Times bestselling author of Eat, Pray, Love and Big Magic) • This book makes complicated things simple and helps us say to each other what we're dying to say. When I hand it to my friends, they'll laugh, cry and breathe easier. The realness and support in these pages feels like oxygen in a world suffocating from shininess and formality. • (Glennon Doyle Melton, #1 New York Times Bestselling author of Love Warrior and Carry On, Warrior) • This book has fundamentally changed how I approach helping and caring for others. Compassion and creativity literally leap off the page. It's full of sage advice on how to be a better friend, colleague, family member, and partner to those who are suffering. • (Adam Grant, New York Times bestselling author of Give and Take and Originals) • At last, a book for the vast swath of us who really care but don't know how to show it sometimes. Kelsey and Emily made this enormous and complex issue accessible and so wonderfully helpful. It's just right for any human being who ever plans on being close to another. • (BJ Miller, MD Assistant Clinical Professor of Medicine at UCSF)

This groundbreaking, visually stunning guide to help you feel confident in supporting anyone experiencing grief, illness, or any other tough situation blends the research and expertise of empathy expert Dr. Kelsey Crowe with the no-nonsense humor and signature style of Emily McDowell's immensely popular Empathy's Cards, creating an actionable, practical handbook to compassion when it really counts.

OBSESSED. I literally buy Emily's cards in BULK. They just say exactly what needs to be said. When she announced her book, I was first in line. It doesn't disappoint. Funny, full of truth and easy to read. I am positive I'll be buying this book for friends.

Such good stuff - honest and hard. The pictures and illustrations are so great you want to flip fast through it, but the compelling text brings you back

This is a breath of fresh air. This book is conversational and thoughtful and makes you laugh (Emily is hilarious) and cry (Kelsey is so insightful). It's full of insightful questions and recommendations

with playful art and illustrations peppered throughout. If you want to learn how to be a better human, this is a great place to start.

The book arrived today. Had forgotten I ordered it so long ago. It is WONDERFUL. I LOVE IT! The style is friendly, not patronizing, and kind and helpful. Being older I have lived and am living through some of the examples presented. I have been the recipient of some of the comments described and I am sure I have also committed some lollapaloozers in turn. But! This book is like a friend talking straight to you. The kindness warmed my heart and soul. Am going to order 5 copies now for daughters and some special friends.

This book is so inspiring on many levels. Sometimes just "being there" for others going through a rough time is the most priceless gesture we have to offer. But it's just not easy for some of us. Emily McDowell and Kelsey Crowe, Ph. D. are pretty smart chicks! This book gives you lots of tools and examples to up your empathy factor!

Perfectly supportive suggestions on how to just be there and not try to fix situations that have no fix. Emily has been through cancer treatment herself and helped me recognize how what I thought being supportive was for my friends in treatment was not always helpful. Now that she's helped me know better, I can definitely do better. Anyone and everyone can use these suggestions to support those we love.

I gave your book to my mother who time and time again has been the caretaker, the giver, the sympathetic ear. She texted me the day after she received it saying she'd re 80 pages in one evening, and had to force herself to put it down and go to bed. Thank you for giving her and others a place to feel validated, encouraged, and supported in their efforts to "be there" for their people.

On my first reading (hard copy) I thought "meh". A lot of common sense that I thought I already knew. But I highlighted passages of interest and when I went back to review the pages I'd marked, the advice seemed good to me. I needed to apply it more carefully to my particular circumstances. I'm glad I bought it and I'm not ready to pass it on, or re-sell it, to someone else yet.

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