

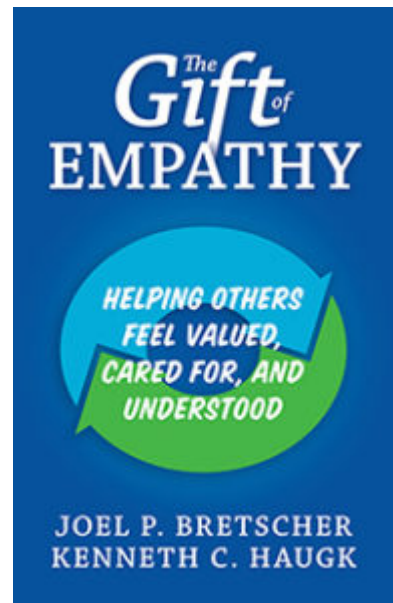
# Review: The Gift of Empathy

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## *The Gift of Empathy: Helping Others Feel Valued, Cared for, and Understood*

**By Joel P. Bretscher and Kenneth C. Haugk (Stephen Ministries)**

Authors Joel Bretscher and Kenneth Haugk believe everyone needs empathy, and they are convinced it is a gift everyone can give. Granted, some people are more naturally empathetic than others. However, their experience and their research have taught them everyone can learn the necessary skills to practice empathy.



In *The Gift of Empathy*, Bretscher and Haugk offer practical guidelines to help readers learn how to become more empathetic. They explain empathy as a two-step process. First, seek to look at circumstances from the perspective of another person and understand what they are feeling. Next, express your understanding of those feelings to that other person.

As the authors explain it, empathy is liberating and life-giving both to the

recipient and the giver. It frees from isolation the person who is receiving empathy, letting them know they are heard and someone cares enough to want to understand them. And it frees the giver from the pressure of trying to “fix” another person’s problem or offer wise words of advice.

*The Gift of Empathy* not only includes simple, easy-to-understand principles to apply, but also offers true-to-life examples of various situations in which empathy can be life-changing.

This easy-to-read book would be a helpful aid to ministers, deacons, small-group leaders, caregivers, parents of all ages, children of aging parents—anyone who wants to make meaningful connections with other people.

*Ken Camp, managing editor*

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