



## Being Generous

*Theodore Roosevelt Malloch*

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Through the ages, the world's cultures and great religions have in profound, though different, ways sought to answer the big question: how should we live? Part of the answer has to do with how we ought to treat others, particularly those who are most in need. Ample evidence suggests that giving selflessly to others lies at the heart of what it means to be a thoughtful and moral human being. In *Being Generous*, author Theodore Roosevelt Malloch leads an exploration of this important concept of generous giving.

He begins by examining how generosity fits into the various spiritual traditions, philosophical schools, and economic systems. Further chapters illustrate how generosity need not necessarily always be about money, showing instead how it might also involve the sharing of time and talent. Elsewhere, Malloch explores the science behind generosity, looking, for example, at the relationship between various chemicals in the brain and generous behavior. Beyond the theory and the science of generosity, readers will also find a wealth of inspiration in a collection of profiles of past and present icons of generosity.

*Being Generous* concludes with a practical action plan that lays out concrete steps that can guide readers toward lives of greater giving.

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