



# Empathy: Why it Matters, and How to Get it

*Roman Krznaric*

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## **Empathy: Why it Matters, and How to Get it** Roman Krznaric

Influential popular philosopher Roman Krznaric argues our brains are wired for social connection: empathy is at the heart of who we are. It's an essential, transforming quality we must develop for the 21st Century. Through encounters with actors, activists, groundbreaking designers, undercover journalists, nurses, bankers and neuroscientists, Krznaric defines a new breed of adventurer. He sets out the six life-enhancing habits of highly empathic people, whose skills enable them to connect with others in extraordinary ways. Empathy has the power to transform relationships, from the personal to the political. Krznaric contends that, as we move on from an age of introspection, empathy will be key to fundamental social change - making this book a manifesto for revolution.

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