



Listen, Love, Repeat: Other-Centered Living in a Self-Centered World

Karen Ehman

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Our culture is obsessed with self. In our schedules, our relationships, and especially online. (Can you say “selfie”?) But in the midst of this near-narcissism, people are less content than in decades past. Why? *Because we have forgotten the joy that comes from putting others first.* Becoming such a person requires us to live alert, listening for “heart drops,”—hints from those in our lives who might need a helping hand or a generous dose of encouragement. Living alert lifts our own spirits, showing us that blessing others blesses us even more. *Listen, Love, Repeat* gives practical, creative ideas for reaching out. Some are heart-tugging and sentimental. Others are sneaky and hilarious. Topics include loving your family and friends, reaching out to the lonely, blessing the “necessary people” who help you get life done every day, and how to love the hard to love. Bonus material includes recipes for sharing. Additionally, scriptural examples are studied of those who lived alert, including Jesus—the one who noticed those who least expected to be noticed.

As we scatter kindness, we create a safe space where we can openly share the gospel with others. And we get to see lives changed right before our eyes—not only the lives of others, but our lives as well. Most importantly, *Listen, Love, Repeat* will enable us to scatter kindness, not to selfishly shout, “Hey! Look at me!” but in order to humbly implore, “Well...will you look at *him*?”

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