

THE KINDNESS COUPLE RELEASES REVISED AND EXPANDED CHRISTIAN GUIDE TO A BETTER LIFE

A practical Christian guide grounded in faith, humility, and kindness—with ten principles to encourage meaningful and lasting transformation.

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[The Kindness Couple](#) Releases Revised and Expanded Christian Guide to a Better Life

A practical Christian guide grounded in faith, humility, and kindness—with ten principles to encourage meaningful and lasting transformation.

[Doug and Marcia Mithun](#), known as The Kindness Couple, have released the revised and expanded edition of The

Kindness Couple: 10 Principles for a Better Life. The new edition offers readers a deeper, more practical guide to strengthening their faith, improving their relationships, finding greater peace, and living with purpose. It features more Scripture, personal stories, honest reflection, everyday humor, and practical actions readers can begin applying immediately.

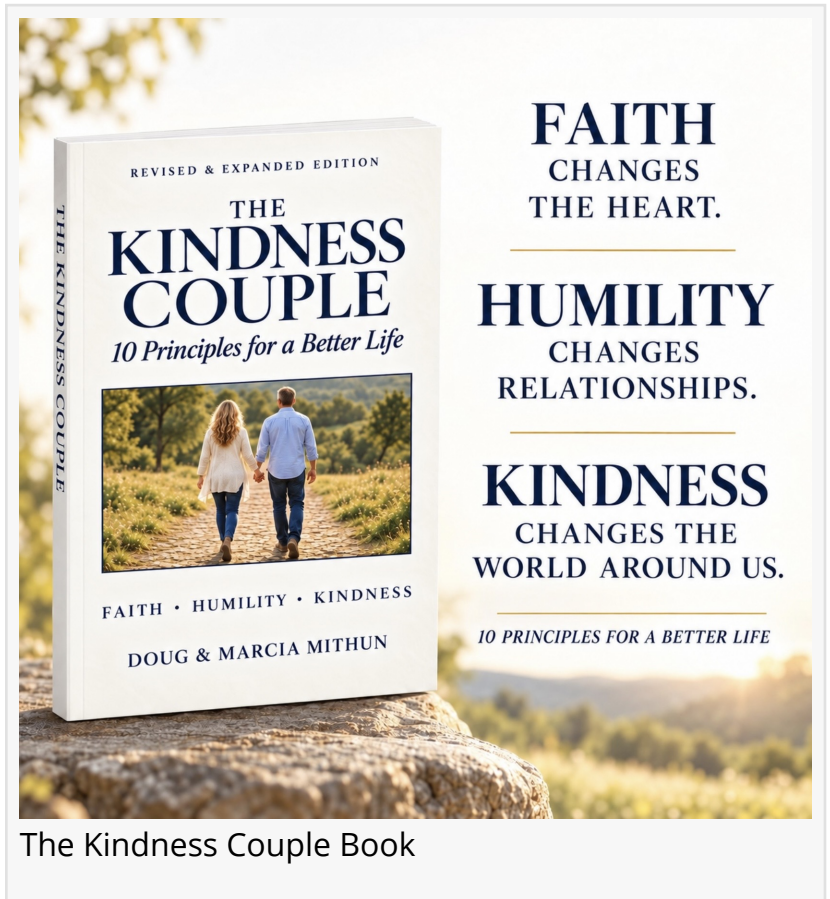
The book is grounded in three central truths:

Faith changes the heart.

Humility changes relationships.

Kindness changes the world around us.

"This book grew as we grew," said Doug Mithun. "God continued showing us how these principles could become deeper, more honest, and more useful. This edition reflects the message we truly wanted to share."





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Doug Mithun

The book’s ten principles are:

1. It All Starts Inside
2. Humility Changes Relationships
3. Be an Encourager
4. Put Pride Aside
5. Choose Gratitude
6. Words Have Power

7. Let Go of Old Hurts
8. Presence Is Powerful
9. Kindness Creates a Ripple
10. Choose Joy

Doug and Marcia draw from their faith, marriage, family life, personal struggles, and community service to show how biblical principles can shape everyday life. Their stories bring warmth and humor to subjects including pride, forgiveness, gratitude, difficult relationships, the power of words, and finding joy through challenging seasons.

“We want readers to see themselves in these pages,” said Marcia Mithun. “We hope they laugh with us, feel encouraged, and discover practical ways to bring these principles into their own relationships, homes, workplaces, and communities.”

Scripture is woven intentionally throughout the book, connecting each principle to biblical truth. Every chapter ends with a “Create the Ripple” section that invites readers to turn what they have learned into action.

“This is a book to live, not simply read,” Doug said. “One prayer, one conversation, one humble response, or one act of kindness can become the beginning of real. Real change begins inside, a deep transformation grounded by faith.

ABOUT THE AUTHORS

Doug and Marcia Mithun are The Kindness Couple. Through books, articles, videos, and community service, they share practical encouragement grounded in Christian faith. Their mission is: Grounded by faith. Leading with humility. Living with kindness. They live in Delray Beach, Florida, with their dog, Fluffy.

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