

# You Are Built to Be Kind

December 29, 2014

## *New York Magazine:*

Let's take a few minutes this dreary winter Wednesday to remind ourselves that people aren't always the worst. In a neat little animated video published yesterday by the University of California, Berkeley, psychologist Dacher Keltner explains that we were essentially built to be nice. Keltner explains his own work using brain imaging technology, in which he's shown images of human suffering to people in the lab.

Read the whole story: [New York Magazine](#)