



## Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life

By Jeffrey Brantley

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life, Jeffrey Brantley, Anger is a natural emotion-and a part of what makes us human. But when you lose control of your anger, it can get in the way of meaningful relationships, successful careers, and ultimately, feelings of happiness and enjoyment. In this highly anticipated book, renowned mindfulness expert and author of Calming Your Anxious Mind Jeff Brantley offers a breakthrough approach using mindfulness-based stress reduction (MBSR) and compassion practices to help you better handle the anger, fear, and hostile emotions that can wreak havoc at home, work, and in relationships. In addition, you will also learn important self-awareness skills to help you stop overreacting and improve communication with others. While other self-help books focus on traditional anger management, Brantley offers solutions that give you personal control over the experience of anger in your life. Inside, you'll discover the three major meditative approaches to soothing anger: stabilizing mind and body through concentrating your attention mindfully; using compassionate attention and reflection to disarm the energy of your anger; and learning to use wise understanding...



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