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## All the Rage: Buddhist Wisdom on Anger and Acceptance

By -

Shambhala. Paperback. Book Condition: New. Paperback. 288 pages. Dimensions: 9.0in. x 6.0in. x 0.7in. Leading psychologists and meditation teachers explain how mindfulness can help us work with our anger--and ultimately transform it into compassion. Anger. For all of us, its a familiar feeling--jaw clenching, face flushing, hands shaking. We feel it for rational and irrational reasons, on a personal and on a global level. If we know how to handle our anger skillfully, it is an effective tool for helping us recognize that a situation needs to change and for providing the energy to create that change. Yet more often anger is destructive--and in its grip we hurt ourselves and those around us. In recent years scientists have discovered that mindfulness practice can reduce stress, improve mood, and enhance our sense of well-being. It also offers us a way of dealing with strong emotions, like anger. This anthology offers a Buddhist perspective on how we can better work with anger and ultimately transform it into compassion, with insight and practices from a variety of contributors, including: Thich Nhat Hanh on how anger grows in us because we feed it through certain habits Sakyong Mipham Rinpoche on while there is always something...



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