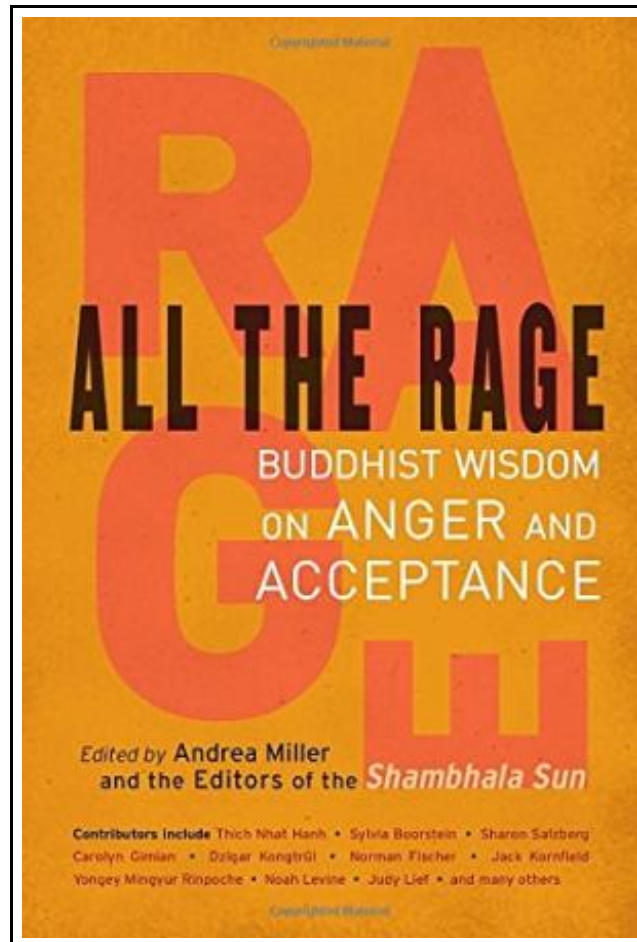


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Totally one of the better pdf I actually have at any time go through. It is loaded with knowledge and wisdom You can expect to like just how the author write this book.

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ALL THE RAGE: BUDDHIST WISDOM ON ANGER AND ACCEPTANCE

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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 to complain about, blaming others will never bring about peace or happiness Sylvia Boorstein on how there are no human enemies, only confused people needing help. Pema Chdrn on how when something goes wrong and we want to blame someone or someone else, we could instead take responsibility for our own tendency to blame. Tara Bennett-Goleman on how the first step in dealing with our anger is to compassionately accept ourselves and how were feeling Pat Enkyo OHara on how there will always be a potential energy within us. How we use this energy is the key to how we...

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