



All the Rage: Buddhist Wisdom on Anger and Acceptance

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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, it's 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, Sharon Salzberg, Sylvia Boorstein, Carolyn Gimian, Tara Bennett-Goleman, Pat Enkyo O'Hara, Jules Shuzen Harris, Christina Feldman, Mark Epstein, Ezra Bayda, Judith Toy, Noah Levine, Judy Lief, Norman Fischer, Jack Kornfield, Stan Goldberg, Yongey Mingyur Rinpoche, Dzigar Kongtrül, and many others.

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Ellen Jorge:

Why? Because this All the Rage: Buddhist Wisdom on Anger and Acceptance is an unordinary book that the inside of the reserve waiting for you to snap the idea but latter it will shock you with the secret this inside. Reading this book beside it was fantastic author who also write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you for not hesitating having this anymore or you going to regret it. This excellent book will give you a lot of positive aspects than the other book have got such as help improving your proficiency and your critical thinking method. So , still want to hesitate having that book? If I have been you I will go to the e-book store hurriedly.

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