



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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Marina Espinal:

This book untitled All the Rage: Buddhist Wisdom on Anger and Acceptance to be one of several books which best seller in this year, honestly, that is because when you read this reserve you can get a lot of benefit in it. You will easily to buy this particular book in the book store or you can order it through online. The publisher of the book sells the e-book too. It makes you easier to read this book, as you can read this book in your Cell phone. So there is no reason for your requirements to past this reserve from your list.

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Laura Hill:

What is your hobby? Have you heard in which question when you got pupils? We believe that that concern was given by teacher on their students. Many kinds of hobby, Every individual has different hobby. And also you know that little person such as reading or as examining become their hobby. You should know that reading is very important in addition to book as to be the issue. Book is important thing to add you knowledge, except your own teacher or lecturer. You find good news or update regarding something by book. Numerous books that can you decide to try be your object. One of them are these claims All the Rage: Buddhist Wisdom on Anger and Acceptance.

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