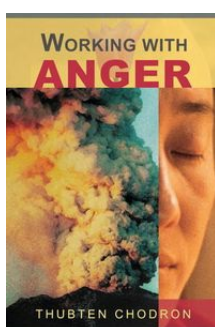


WORKING WITH ANGER

Anger plagues all of us on a personal, national, and international level. Yet we see people, such as the Dalai Lama, who have faced circumstances far worse than many of us have faced—including exile, persecution, and the loss of many loved ones—but who do not burn with rage or seek revenge. How do they do it? *Working with Anger* presents a variety of Buddhist methods for subduing and preventing anger not by changing what is happening, but by framing it differently. No matter what our religion, learning to...



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Reader's Opinions

Seems like a good time to finally start reading this all the way through. Anger, resentment, hurt feelings, feeling of betrayal, and all those other pointless negative emotions are a waste my time and I need to learn to rise above.

5 of 5!