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# Anger: Wisdom For Cooling The Flames



## Synopsis

"[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth." His Holiness The Dalai Lama Nominated by Martin Luther King, Jr. for a Nobel Peace Prize, Thich Nhat Hanh is one of today's leading sources of wisdom, peace, compassion and comfort. It was under the bodhi tree in India twenty-five centuries ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: wrong knowing, obsessive desire, and anger. All are difficult, but in one instant of anger one of the most powerful emotions lives can be ruined, and health and spiritual development can be destroyed. With exquisite simplicity, Buddhist monk and Vietnam refugee Thich Nhat Hanh gives tools and advice for transforming relationships, focusing energy, and rejuvenating those parts of ourselves that have been laid waste by anger. His extraordinary wisdom can transform your life and the lives of the people you love, and in the words of Thich Nhat Hanh, can give each reader the power "to change everything."

## Book Information

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## Customer Reviews

Anger can be one of the most frustrating emotions, carrying us headlong away from ourselves and depositing us into separation and dismay. Vietnamese monk and world teacher Thich Nhat Hanh tackles this most difficult of emotions in *Anger*. A master at putting complex ideas into simple, colorful packages, Nhat Hanh tells us that, fundamentally, to be angry is to suffer, and that it is our responsibility to alleviate our own suffering. The way to do this is not to fight our emotions or to "let it all out" but to transform ourselves through mindfulness. Emphasizing our basic interdependence, he

teaches us how to help others through deep listening and how to water the positive seeds in those around us while starving the negative seeds. Serious though lighthearted, *Anger* is a handbook not only for transforming anger but for living each moment beautifully. --Brian Bruya --This text refers to an out of print or unavailable edition of this title.

In an age of road rage, Americans would do well to cool down with prolific Buddhist monk Hanh (Living Buddha, Living Christ). There is plenty in this small volume worth skipping, such as Hanh's tedious call for "Healing the Wounded Child Within." And some of his advice is banal (e.g., if a husband is angry at his wife, he should tell her). But some of Hanh's suggestions cut refreshingly against the grain. He dissents, for example, from the popular therapeutic wisdom to "express our anger": when we beat a pillow to get rid of our feelings, he insists we are merely "rehearsing" our anger, not "reducing" it. Hanh reminds us that anger begins and ends with ourselves we may feel that we are mad at our wife or son, but really we are the direct objects of our rage. Hanh doesn't limit his task to discussing anger between families and friends; he also deals with anger among countries and between citizens and governments. That expansive vision is not surprising (Hanh, after all, is a Nobel Peace Prize nominee) but it is refreshing, lifting this book out of the self-absorbed self-help pile. Like Hanh's other books, this is not weighed down with Buddhist terminology. The appendices, which contain meditations designed to help release anger, give it the specifically Buddhist spice that some readers will appreciate. The meat of the book, however, will be accessible to a broad, ecumenical audience. Copyright 2001 Cahners Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Anything Thich Nhat Hanh writes is well worth reading. This one on Anger makes one really think deeply!

Good advise for dealing with anger without creating more chaos. Like the idea of limit response so not lashing out but taking time to understand what is going on inside - fear etc. that triggers the anger. Also like the tools for slowing down and coming back with compassion and hearing what is going on with other person.

After reading this book several times over years, I gave it as a gift to my grandson. He thanked me every time he saw me, and joined a group to learn mindfulness and practice meditation. This has made a big difference to him and turned his life around. I liked the book because it teaches to

embrace anger, not get rid of it, and to become aware of where anger comes from, and how to delay expressing anger, and the practice of walking meditation and mindfulness. The book is short and very easy to understand and follow. It is not necessary to practice all the ideas, like diet, but opened my thinking to a different view of emotions. One does not have to become a Buddhist in order to practice meditation or prayer. Since reading this book, when I am offended by someone, I turn it around and ask how I may have offended them! A short easy to read book that has had a big impact on my relationship with others.

<http://amzn.to/2qgBUWGA> Vietnamese monk who has walked with Martin Luther King and has championed for rights of others does not disappoint in yet another one of his great writings. He is a huge spiritual leader in the Buddhist faith and is from the Plum Village Monastery in France. Reading his words will calm your soul. The way he writes is healing and to listen to him speak, also very healing. I was scheduled to go to a one week retreat with him in 2009 but he got the pneumonia and could not make the retreat. Needless to say I was quite saddened. I have read his books for years! If you struggle with anger and calming yourself down. This book has some great information and advice for "cooling the flames." I have bought a second copy and I lend it out from my lending library. The adolescents that I have loaned it to seem to like it alright and it has been passed to 3 of them so far. It is a quick read and Thich Nhat Hahn doesn't disappoint. Just as his others, I believe it to be a great book. Thay has written many many books. And honestly probably whatever book you get by him will probably be a great book.

Great perspective as to how to deal with anger with recognition and separating yourself mindfully from this emotion vs being reactive.

Purchased this for my mom, as she was going through a stressful phase at work and in life, and I can see that it's helping her learn to be calm and level headed during those tense moments.

perfect for any relationship guidance including being accountable for your own actions.

This book changes lives and helps people heal themselves.

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