

ANGER: WISDOM FOR COOLING THE FLAMES

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...



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Anger: Wisdom for Cooling the Flames

Author	Thich Nhat Hanh
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Peek Inside the Book

Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes Thich Nhat Hanh, Anger: Wisdom for Cooling the Flames

The fact is that when you make the other suffer, he will try to find relief by making you suffer more. The result is an escalation of suffering on both sides. Thich Nhat Hanh, Anger: Wisdom for Cooling the Flames

Reader's Opinions

I consider myself a fairly angry/high strung person, so I've been looking for good books that address this emotion. This shows that anger exists in everyone but some are better than others at "taking care of it" when it arises. He's pretty generous with metaphors that help you visualize anger, though you might get them mixed up after...

Anyone who struggles with "negative" feelings (especially anger or anxiety)