



## Working With Anger



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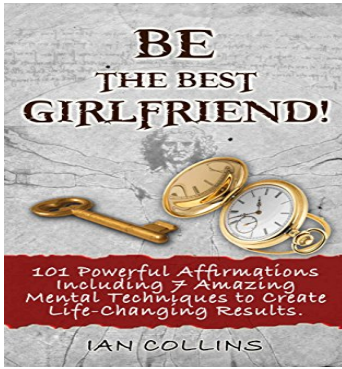
## Working With Anger

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 work with our anger is effective for everyone seeking personal happiness as well as world peace. Working with Anger was chosen for a Spirituality and Health



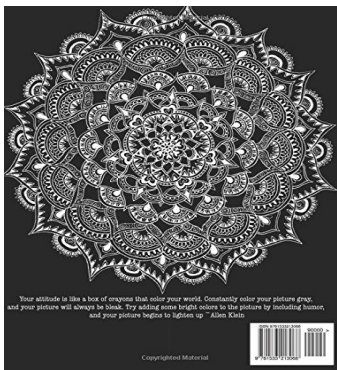
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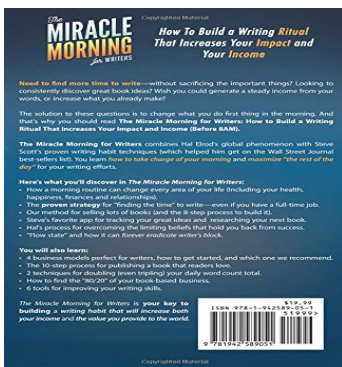


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**Review 1:**

**Excelente libro.**

**Review 2:**

**This is simply one of the best books on anger there is. One does have to be open to Eastern philosophies but it is very practical infused with a Buddhist leaning The best of both worlds.**

**Review 3:**

**Great book anyone with anger issues should read this. Even if you don't, understanding anger can be vital in helping other that do.**

**Review 4:**

**Was liking it until I read the part where she says the reason bad things happen to you is because you did them in a previous life to someone else. So if you get raped, it's because you raped someone in a previous life. So you can't be angry or upset! you deserved it! same for abuse, or beatings, or losing a limb - it's all because you did it in a previous life. This is the sickening part, this whole reincarnation thing, and I don't believe in it at all.**

**I much prefer Buddhism Plain and Simple by Steve Hagen. Now THAT is an excellent book.**

**Review 5:**

**I learned a lot from this book and was able to reduce my anger enormously. Like putting an ice cube on a burn. Brought it on a long car trip with my husband and three teens. Definitely came in handy, and I will continue to draw on it for a long time to come. She describes and analyzes the experience of anger from many different angles and includes interesting anecdotes that make the book good for non-buddhists as well.**

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