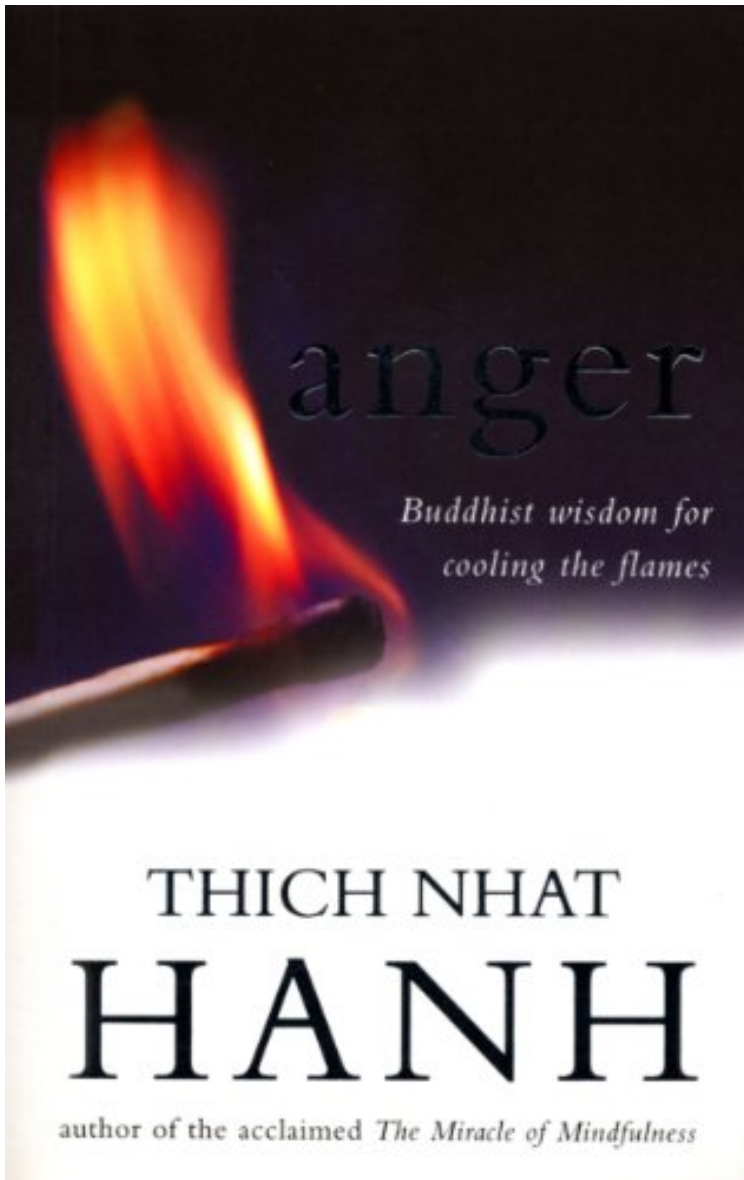


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# Anger: Buddhist Wisdom for Cooling the Flames



*Par Thich Nhat Hanh*  
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**Description :** Description du produitA Nobel Peace Prize nominee and internationally bestselling author shares the tools and power for overcoming anger. A wise and loving look at how to transform this difficult emotion into peace and bring harmony and healing to all the areas and relationships in our lives that have been affected by it.

Prsentation de l'diteurThich Nhat Hanh is the subject of the upcoming major documentary Walk With Me narrated by Benedict Cumberbatch'Thich Nhat Hanh is a holy man, for he is humble and devout. He is a

scholar of immense intellectual capacity. His ideas for peace, if applied, would build a monument to ecumenism, to world brotherhood, to humanity' Martin Luther King, Jr, in Nobel Peace Prize nomination It was under the bodhi tree in India 2500 years ago that Buddha achieved the insight that three states of mind were the source of all our unhappiness: ignorance, obsessive desire and anger. All are equally difficult to control but, in one instant of anger, lives can be ruined, and our spiritual development can be destroyed. Twenty-five centuries after the Buddha's insight, medical science tells us that the Buddha was right: anger can also ruin our health. It is one of the most powerful emotions and one of the most difficult to change.

Thich Nhat Hanh offers a fresh perspective on taking care of our anger as we would take care of a baby crying - picking it up, talking quietly to it, probing for what is making the baby cry. Laced with stories and techniques, Anger offers a wise and loving look at transforming this difficult emotion into peace and for

bringing harmony and healing to all the areas and relationships in our lives that have been affected by anger..com's Best of 2001 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 BruyaExtract.