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Love Your Enemies: How to Break the Anger Habit and Be Much Happier

By Robert Thurman, Sharon Salzberg

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, Love Your Enemies: How to Break the Anger Habit and Be Much Happier, Robert Thurman, Sharon Salzberg, When people and circumstances conspire against us, how can we douse the white-hot fires of rage? How can we break the cycle of hurt, anger, and revenge to find inner peace and co-exist peacefully with the world? In Love Your Enemies, Sharon Salzberg and Tenzin Robert Thurman draw on ancient spiritual wisdom, modern psychology, and the latest neuroscience to guide us in dealing with troublesome people and situations, and overcoming the real source of our distress, our deep-seated self-centeredness and self-hatred. Based on the popular workshop they teach together, the authors offer practical methods for transforming our relationship to our outer, inner, secret, and super-secret enemies. Thurman, a noted Columbia University professor and former Tibetan Buddhist monk, brings to life traditional wisdom teachings such as Shantideva's advice on replacing anger with patience, and the practice of exchanging self-preoccupation for compassion set out by Dharmarakshita. Salzberg mines her experiences as a leading teacher of insight and lovingkindness meditation to relate real-life examples of putting the teachings into practice. Together, the two perspectives give us...



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