



Antidotes to Anger



Working With Anger by Venerable Thubten Chodron

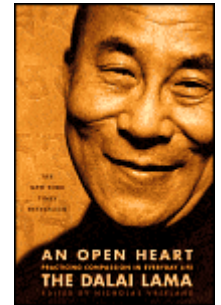
Anger plagues all of us on a personal, national, and international level. Yet, we see people, such as the Dalai Lama, who have faced circumstances far worse than many of us --including exile, persecution, and the loss of many loved ones-- but who do not burn with rage or seek revenge. How do they do it? Ven. Chodron presents a variety of Buddhist methods for subduing and preventing anger, not by changing what is happening, but by framing it differently. Learning to work with anger is effective for everyone seeking personal happiness as well as world peace.

Healing Anger: The Power of Patience From a Buddhist Perspective by His Holiness the Dalai Lama

The Dalai Lama discusses the subject of patience, drawing on a chapter from an important Buddhist classic, Shantideva's "Guide to the Bodhisattva's Way of Life." He helps readers examine how anger arises to destroy much that is positive and good, proposing that gentleness is fundamental to human nature. Through active self-discipline, and not meekness as is commonly misunderstood, we can transform anger through compassion and to be reconciled with ourselves and others.

An Open Heart: Practicing Compassion in Everyday Life by His Holiness the Dalai Lama

Compassion --sympathy for the suffering of others and the desire to free them from it-- is wrestled with in all spiritual traditions. Yet how does one actually become a compassionate person? What are the mechanisms by which a selfish heart is transformed into a generous heart? In this acclaimed bestseller, His Holiness writes simply and powerfully about the everyday Buddhist practice of compassion, offering a clear, practical, inspiring introduction to the Buddhist path to enlightenment.



Anger: Wisdom for Cooling the Flames by Thich Nhat Hanh

Anger can slash through a friendship as quickly as a sword. Utilizing Buddhist teachings and his own personal experiences, Vietnamese Buddhist monk Thich Nhat Hanh explains what anger is, and how we can anticipate and creatively defuse its painful eruptions.



Guide to the Bodhisattva's Way of Life by Shantideva

The Way of the Bodhisattva is one of the great classics of Mahayana Buddhism. Presented in the form of a personal meditation in verse, it outlines the path of the bodhisattvas - those beings who, turning aside from the sufferings of the world of samsara, nevertheless renounce the peace of individual salvation and vow to work for the deliverance of all beings, and to attain enlightenment for their sake.

Anger by Robert Thurman

One of America's leading authorities on Buddhism and Eastern philosophy offers an illuminating look at this deadliest of sins. In the West there is the tradition of the wrathful God, of Jesus driving the money-changers from the temple. If God can be angry, how can men rid themselves of this destructive emotion? Thurman shows that Eastern philosophy sees anger differently. Certainly, it is a dreadful evil, one of the "three poisons" that underlie all human suffering. But Buddhism teaches that anger can be overcome. Indeed, the defeat of anger is not only possible, but also the only thing worth doing in a lifetime.