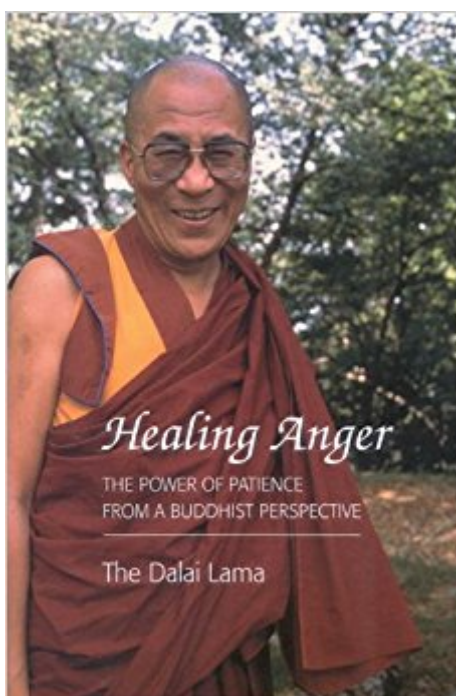


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# Healing Anger: The Power Of Patience From A Buddhist Perspective



## Synopsis

All the world's major religions emphasize the importance of the practice of love, compassion, and tolerance. This is particularly true in the Buddhist traditions, which unanimously state that compassion and love are the foundation of all paths of practice. To cultivate the potential for compassion and love inherent within us, it is crucial to counteract their opposing forces of anger and hatred. In this book, the Dalai Lama shows how through the practice of patience and tolerance we can overcome the obstacles of anger and hatred. He bases his discussion on *A Guide to the Bodhisattva Way of Life*, the classic work on the activities of Bodhisattvas—those who aspire to attain full enlightenment in order to benefit all beings.

## Book Information

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## Customer Reviews

Winner of the 1989 Nobel Peace Prize, 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. Recommended for public libraries. Copyright 1997 Reed Business Information, Inc.

"The writings of His Holiness the Dalai Lama have done more to familiarize the general public with

Shantideva than any other teachings. I am indebted to his commentaries, and especially to his book *Healing Anger*."â "Pema ChÃ¶drÃ¶n, author of *When Things Fall Apart* "The Dalai Lama teaches with clear and forceful language."â "Publishers Weekly "The techniques and methods presented here are relevant not only for Buddhist practitioners, but for all who seek to improve themselves. Through these teachings and by his own example, the Dalai Lama shows the power that patience and tolerance have to heal anger and to generate peace in the world."â "Indian International Journal of Buddhist Studies "Healing Anger shows that Shantideva's teaching many centuries ago can still speak to this generation and be a source of strength to change our society."â "Asian Thought & Society

The Dalai Lama has great skills in reaching out to others and is one of our greatest practitioners of compassion for others. He is surrounded by talented writers and translators who are themselves capable of great compassion and great teaching. Even if you do not think you have a problem with anger, and that others do, buy this book and read it first - it will grace your life - before passing it on to others who you think might need it more.

First, I'll say that I really enjoyed this book, and it was very helpful as I tackled anger around various issues I was dealing with (hence the 5 stars).One word of "caution", though, is that if you are used to many of the Dalai Lama's other books, you are probably used to the very conversational, almost simplistic, descriptions he gives of the subject matter, which makes those books very accessible and, I think, very effective at exposing a broader audience to Buddhist ideas. This book is not like those, and in this you can really get a glimpse of the theological scholar side of the Dalai Lama. The text is fairly dense, and somewhat difficult to understand unless you have a pretty good understanding of Buddhist principles. I had to go brush up on those and come back to this book to really get through it. If you've only read *The Art of Happiness* or *How to See Yourself as You Really Are* then this may be a bit overwhelming and frustrating. To get up to speed, I'd recommendÂ *Buddhism for Beginners*Â followed byÂ *The Heart of the Buddha's Teaching: Transforming Suffering into Peace, Joy, and Liberation*.

I really benefitted from reading this book. I read it when I was really looking for guidance on my anger and it did the trick in a way I doubt a therapist ever could.

I'm an angry person by nature. He has a way of breaking those emotions down, dissect them so you

can see the underlining causes. I highly recommend.

This book truly met my expectations. Dalai Lama's interpretation of the buddhist teachings is beautiful; he delves deep into the teachings but explains everything in a way that is simple and easy to understand. He says one cannot learn patience without addressing anger, and to do that one must go to the root cause, which is ignorance. Wherever he goes, Dalai Lama talks about compassion; and in this book also he talks about compassion for all other sentient beings. He says that patience is a pre-requisite to developing compassion, makes perfect sense to me. He goes onto explain how we can practice healing anger and developing patience. This book is suitable as a self development guide or tool regardless of one's faith.

I bought this for my son who is in jail> he said its helped him a lot

His Holiness the XIV Dalai Lama very often speaks of himself as a "simple Buddhist monk." Despite his rank and the great regard in which he is held by the world, he has no pretensions. Like all of us, he gets angry, has stomachaches, and breathes. That is what makes him so accessible to us all. Shantideva was an Indian Buddhist, a sage who lived in the Eighth Century. His Holiness' reflections on Shantideva's "Bodhisattvacaryavatara" (also known in English as "A Guide to the Bodhisattva's Way Of Life" or "Entering the Path of Enlightenment") are the subject of several of his books, including this one, which focuses on cultivating patience. Although HEALING ANGER is a brief book, it is a very full book. Lay readers may find themselves a little lost among the unfamiliar cultural reference points, but whether you are a practicing Buddhist or not, this book is a major contribution to the cultivation of compassion in our lives. This is not, in the Western sense, a Self-Help book, nor does it response any form of pop psychology. This is not a manual on "Anger Management." Rather, the Dalai Lama investigates the lessons that Shantideva teaches. Through a lucid discussion of Shantideva's meaning and through suggested practice exercises, the Dalai Lama guides us toward actualizing patience and compassion in our own lives. To work toward such actualization is the Bodhisattva's Way; to actualize these lessons in your own life IS to attain Nirvana.

This book is a very good step-by-step commentary on the sixth chapter of Shantideva's 'Way of the Bodhisattva'. The last chapter of the book also provides some commentary of Shantideva's ninth chapter that I found very useful. I definitely recommend this book.

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