

WORKING WITH ANGER

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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.

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Working with Anger

These thoughts have been extracted from a program offered at the Barre Center for Buddhist Studies on November 12, One thing psychotherapy and.

Working with Anger: Insight Meditation Center

Mastering the art of anger management takes work, but the more you practice, the easier it will get. And the payoff is huge. Learning to control.

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But the main point that stuck with me, which is valuable, is that anger is characterised by misdirected attention. Dec 01, Dr rated it it was amazing.

However, you have to be willing to release. Anger may allow the person to avoid. When treating anger, a therapist will likely address underlying diagnoses as. The essence of the lectures was that people in those areas commonly express depression as physical symptoms.

Or maybe the traffic on your daily commute drives you crazy. Practiced deep-br
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