



Beyond Anger: How to Hold On to Your Heart and Your Humanity in the Midst of Injustice

Shambhala Publications , Ogyen Trinley Dorje (Contributor) , Diane Eshin Rizzetto (Contributor) , Jack Kornfield (Contributor) , Padmakara Translation Group (Contributor)

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In response to recent bombings at an important Buddhist pilgrimage site in Bodh Gaya, India, Shambhala Publications is pleased to offer this free eBook consisting of excerpts from some of our books from a variety of Buddhist traditions that encapsulate values of love and nonviolence, which we can all practice ourselves. A chapter from the Karmapa points out the toxicity and uselessness of anger, from a basic, interpersonal level to the wider society at large. In “I Take Up the Way of Letting Go of Anger,” Zen teacher Diane Eshin Rizzetto helps us look at how we relate to an emotion like anger and, rather than suppress it, she marks a clear pathway we can follow to awaken in its presence and not let it incite us to negative thoughts and actions. Jack Kornfield talks about how to succeed in bringing mindfulness and loving-kindness into arenas like politics and war zones. And a short selection from the chapter on patience in the Mahayana classic The Way of the Bodhisattva highlights that the real enemy is anger itself, not something or someone external.

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From Reader Review Beyond Anger: How to Hold On to Your Heart and Your Humanity in the Midst of Injustice for online ebook

Connie says

4th grade was good for me. At 9, I felt my talents coming alive. I also felt my temper to be very much at the ready. My parents, God bless them, both had quick tempers. In the ensuing 61 years, I learned to quell my anger by counting, breathing the irate out, breathing calm in. But the anger is still there at the quick. I know myself, in certain circumstances and if I were armed, to be a person who could kill. This is not the best situation. Reading Beyond Anger was helpful to me. It says not to suppress anger or merely drain it off over a 10-second count, but face up to it, try to know it better, and make something more positive and real of it. I am going to read the book again and practice its recommendations.

Sean Crawford sr. says

I LOVE THIS BOOK. For me personally it has been a great help in understanding when I am angry and how to channel the energy into the positive. I recommend it to all.

Bill says

A good short work on the affects that anger has on the mind and the heart. It gives me food for thought on how to deal with my anger in many of life's everyday situations. It also helps when you try to come to grips with the many apparent injustices that happen all the time around the world and are seen in the nightly news broadcasts. 4*

Joseph Takenouchi says

Full of wise words

Great insight to help understand anger. It is not a how to guide to make anger vanish as I initially thought, but rather a way to understand it. It also makes you realize anger isn't "bad" it simply is, the actions that one takes with it determine whether it is healthy or unhealthy.

E Escorce says

Very interesting book. Nice and short so can be read a number of times, to maximise it's positive effects.

Recommended.

Anger is a tricky thing to talk about constructively with others.
This book deserves a number of re reads as it contains many great insights.

Page says

I am not sure if the selection is uneven or if I simply lack the grounding in Buddhism to grasp some of the concepts. Even so, a few pearls of wisdom were found within the texts. The first selection is the most interesting and also the longest. The selections became increasingly less accessible to non-Buddhists as the book progressed, ending with translated passages from age-old texts.

Hyacinth says

While I am not a Buddhist, I really enjoyed this short power packed book on anger and the spirit of anger. It caused me to think about anger, how I deal with it and the effects of it. I don't think I will ever see anger in the same light again. The wisdom is simple and yet profound.

Vicki G says

I can see that so many "stubborn" people have been swayed by kindness, open-mindedness and understanding; like the people in Congress and the Senate?

I don't think so.

I've never seen ANYone that bad who responds to milk and honey. In fact for the last 4 years I've seen some people try open-mindedness, compromise and everything else under the sun, and they still hate him now as much as they did then.

Some people are so far beyond any hope of acting like a human being that they become depressing to even contemplate. It feels like they're a gargantuan weight of no hope hanging around your neck and trying to drag you into their pit of despair.

It makes that saying 'Hate never ends through hatred, by love alone will it end,' pretty hard to keep believing. If it weren't for the fact that I knew someone who believed 'As long as there's life there's hope,' I would have lost all my hope last week.

Jessica Camacho says

Very good

It's short and it gives you pause. It is definitely a book to reread though, after this initial read I know I need to go back in order to absorb some of the messages and insights.

Katy says

These essays and excerpts are of varying quality. I think there are better readings on anger out there. Kornfield's selection is the most useful and inspirational about dealing with issues related to violence in the world.

Allison says

Concise I production to several other texts offering guidance on productively channeling anger. I plan on following up with some of the source material.

Walter Wartenweiler says

Good read about the positive and negative powers of anger and how to make the difference by gently shining the light of your presence on it.

Alonzo says

Great short reads on anger and releasing it

There are various writers work here, but they all have one common objective: help people get out of and and into peace.

Dave says

This is not, at least for me, a book to, rush through. Anger is a tricky subject, it's cunning and has lots of variations. This collection gives a taste of compassion for many of those variations. I would certainly benefit from re-reading it and following the paths (to larger works referenced herein) which I find that I am resisting.
