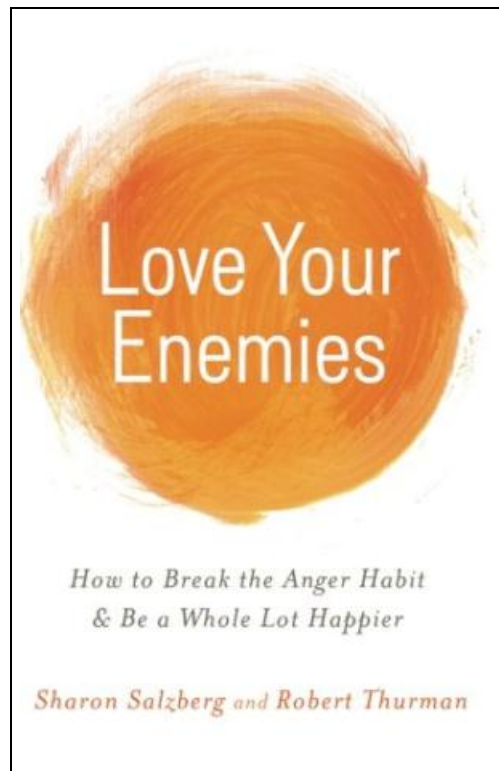


## Love Your Enemies: How to Break the Anger Habit and be a Whole Lot Happier (Paperback)



Filesize: 1.33 MB

### **Reviews**

*This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*  
*(Ally Reichel)*

## LOVE YOUR ENEMIES: HOW TO BREAK THE ANGER HABIT AND BE A WHOLE LOT HAPPIER (PAPERBACK)



Hay House Inc, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. When people and circumstances upset us, how do we deal with them? Often, we feel victimized. We become hurt, angry and defensive. We end up seeing others as enemies, and when things don't go our way, we become enemies to ourselves. But what if we could move past this pain, anger, and defensiveness? Inspired by Buddhist philosophy, this book introduces us to the four kinds of enemies we encounter in life: the outer enemy - people, institutions, and situations that mean to harm us; the inner enemy - anger, hatred, fear, and other destructive emotions; the secret enemy - self-obsession that isolates us from others; and the super-secret enemy - deep-seated self-loathing that prevents us from finding inner freedom and true happiness. In this practical guide, we learn not only how to identify our enemies, but more important, how to transform our relationship with them. Love Your Enemies teaches us how to: \* Break free from the mode of us versus them thinking \* Develop compassion, patience and love \* Accept what is beyond our control \* Embrace loving kindness, right speech, and other core concepts Throughout, authors Sharon Salzberg and Robert Thurman share stories and exercises for finding peace within yourself and with the world. Drawing from ancient spiritual wisdom and modern psychology, Love Your Enemies presents tools that are useful for all readers. Brilliant! Love Your Enemies is possibly the most inspiring and liberating meditation on love ever written. Robert Holden, Ph.D., author of Shift Happens! and Loveability.



[Read Love Your Enemies: How to Break the Anger Habit and be a Whole Lot Happier \(Paperback\) Online](#)



[Download PDF Love Your Enemies: How to Break the Anger Habit and be a Whole Lot Happier \(Paperback\)](#)

## Other Kindle Books



### **Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition)**

SAGE Publications Ltd. Paperback. Book Condition: new. BRAND NEW, Environments for Outdoor Play: A Practical Guide to Making Space for Children (New edition), Theresa Casey, 'Theresa's book is full of lots of inspiring, practical, 'how...

[Read Document »](#)



### **Ne ma Goes to Daycare**

AUTHORHOUSE, United States, 2015. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book is about a little biracial (African American/Caucasian) girl's first day...

[Read Document »](#)



### **Read Write Inc. Phonics: Yellow Set 5 Storybook 7 Do We Have to Keep it?**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. Tim Archbold (illustrator). 211 x 101 mm. Language: N/A. Brand New Book. These engaging Storybooks provide structured practice for children learning to read the Read...

[Read Document »](#)



### **Read Write Inc. Phonics: Purple Set 2 Non-Fiction 4 What is it?**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 215 x 108 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books...

[Read Document »](#)



### **What is in My Net? (Pink B) NF**

Pearson Education Limited. Book Condition: New. This title is part of Pearson's Bug Club - the first whole-school reading programme that joins books and an online reading world to teach today's children to read. In...

[Read Document »](#)