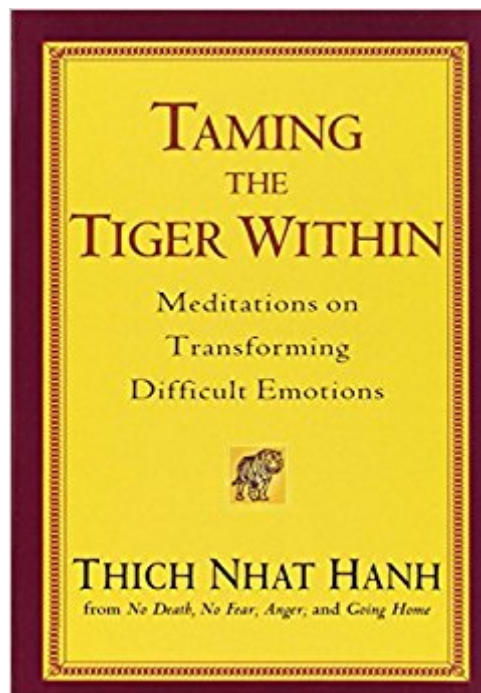




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# Taming The Tiger Within: Meditations On Transforming Difficult Emotions



## Synopsis

Taming the Tiger Within is a handbook of meditations, analogies, and reflections that offer pragmatic techniques for diffusing anger, converting fear, and cultivating love in every arena of life—a wise and exquisite guide for bringing harmony and healing to one's life and relationships. Acclaimed scholar, peace activist, and Buddhist master revered by people of all faiths, Thich Nhat Hanh has inspired millions worldwide with his insight into the human heart and mind. Now he focuses his profound spiritual wisdom on the basic human emotions everyone struggles with on a daily basis.

## Book Information

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## Customer Reviews

Vietnamese Zen Buddhist master Thich Nhat Hanh has authored three national bestsellers that deal with negative emotions: *Anger*, *Going Home* and *No Death, No Fear*. Here he distills some of the best quotations from those three books, offering advice on how to conquer rage, jealousy, fear and the desire for revenge. Often the thoughts are just a sentence long, and rarely more than three; the book is designed to be savored over time through deep reflection. Some of Hanh's suggestions are practical (such as walking to diffuse anger or writing a love letter to a cherished individual), while others will require more rumination. One key to reducing anger, for example, is to practice "deep looking" and recognize that all beings are interconnected; the angry person is inextricably intertwined with the one she imagines is her enemy. Though spare, even Spartan, this book holds seeds of profound wisdom. However, more serious readers will want to delve into the three classics that this book draws upon, since they are already accessible, brief and easy to understand. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights

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"Thich Nhat Hanh is a holy man, for he is humble and devout."~ Rev. Martin Luther King, Jr. "[Thich Nhat Hanh] shows us the connection between personal, inner peace and peace on earth."~ His Holiness the Dalai Lama

"If your house is on fire, the most urgent thing to do is to go back and try to put out the fire, not to run after the person you believe to be the arsonist. If you run after the person you suspect has burned your house, your house will burn down while you are chasing him or her. That is not the action of a wise person. You must go back and put out the fire. When you are angry, if you continue to interact with or argue with the other person, if you try to punish him or her, you are acting exactly like someone who runs after the arsonist while their home goes up in flames." Hanh, Thich Nhat. *Taming the Tiger Within: Meditations on Transforming Difficult Emotions* (p. 106). Penguin Publishing Group. Kindle Edition.

I was surprised to find in this Thich Nhat Hanh volume only a few sentences (sometimes just one) per page. The content of the meditations is fine, but I wouldn't have paid \$10 for the book if I'd known the content was so skimpy. Also, this volume contains only previously-released material. The Pocket Thich Nhat Hanh is a better choice.

This book is not what I had expected, even though I've benefited from many Thich Nhat Hanh over these past ten years. It presents thoughts for focus, each powerful in their seeming simplicity, singular per page. It is about quality of thought rather than compilation of words.

I came across this book at the local store and started reading the first few pages. An hour later I was quite engulfed into the pages and the words that really spoke out to me. I forced myself to set the book down and ended up buying it on the next day. *Taming the Tiger Within* is a unique and humbling verse to what most popular magazines and books try to hint towards: the avoidance of bad and the monument of changing one's self. However, *Taming the Tiger Within* isn't focusing on these modern-day and sometimes self-destructive concepts that try to avoid our own faults. Thich Nhat Hanh has given readers the conduit to empower ourselves to be mindful rather than scared, embrace rather than avoid, and to understand what we fear most; the unknown. This book isn't for someone wanting to 'fix' themselves or 'change' aspects of themselves. This book is meant to make

you aware of certain forms of emotions and habits. Anger is a theme that all of us as humans can empathize with. Rather than avoiding or changing our own 'anger', Thich Nhat Hanh discusses how we must become mindful of our anger and understand it rather than act irrationally to an anger that we ourselves do not quite fully understand. The messages within this book resonated with me as I have started to become more mindful and embrace the concept that anger or harm against one is anger or harm against one's self. Taming the Tiger Within brings the reader to the present moment and to help the reader acknowledge anger and strong emotions and to understand them. After reading this book I feel I have a better understanding of my own emotions; therefore, having a better grasp upon them. We are all scared of the unknown and this book has helped me understand my unknowns; the root of strong emotions such as anger and how to understand it to better deal with it. I highly recommend this book to anyone who wants to know more about their emotions and how to understand what causes them. The words on the pages display many meanings to each person and I can guarantee this book will leave you feeling refreshed and ready to take-on the worst of Mondays.

This is a great read! You have to stop sometimes and ponder over what you have read. It really makes you look over yourself and your life. I will read this again and again! I would recommend this book to anyone looking for understanding and mindfulness of themselves and their life!

This book has helped me see anger in much greater depth. It has enhanced my meditation practice, and helped me open my heart to difficult feelings; feelings are our teachers and are to be honored. As always, Thich Nhat Hanh writes with great gentleness and compassion that is both soothing and wise.

This book has been helpful to me and to my clients. Working with people struggling with violent emotions, pain, anger, betrayal, heart break, trauma, and abuse. This book touches the spirit and goes beyond the mind and into the heart. All clients I have shared this book with have obtained their own copies and have read it. This is an important book because it is understandable, and is not overwhelming or academic. It offers hope through identifying what is true for all people and through this truth readers are encouraged toward a new way of being in thought, feeling, and action (or non action) that promotes well being and health.

I have purchased this gem 3 times. I always give my current copy away to someone who needs it.

Thich Nhat Hanh keeps it real!

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