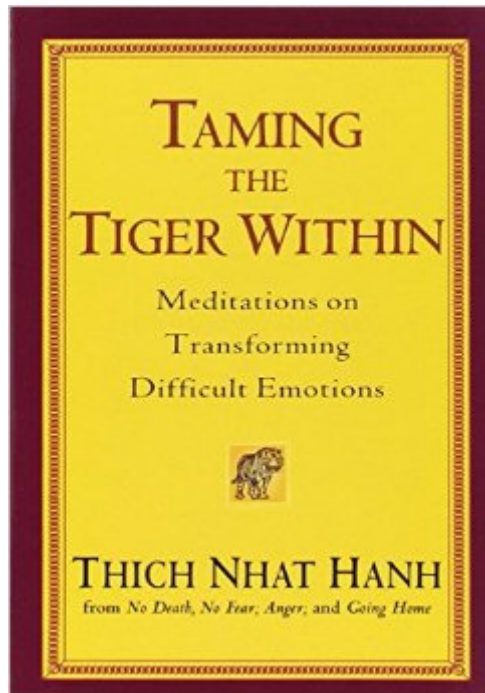


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# Taming The Tiger Within: Meditations On Transforming Difficult Emotions



## 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

Actually I find it hard to comment on the author's books with words other than the standard positive ones coz they are always as intelligent, bright, inspirational, helpful....as they can be. I just keep doing so to keep a record for my own reference. Pardon me. In short, recommended. Below please find some of my favorite passages for your reference. Every time you feel lost alienated, or cut off from life, or from the world, every time you feel despair, anger or instability, practice going home. Mindful breathing is the vehicle that you use to go back to your true home. pg 99 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. pg 107 The reason we are foolish enough to make ourselves suffer and make the other person suffer is that we forget that we and the other person are impermanent. Someday, when we die, we will lose all our possessions, our power, our family, everything. Our freedom, peace, and joy in the present moment is the most important thing we have. But without an awakened understanding of impermanence, it is not possible to be happy. pg 119 If it is your partner

who is angry, just listen. Listen and do not react....Do not listen for the purpose of judging, criticizing, or analyzing. Listen only to help the other person express himself and find some relief from his suffering. pg 159 We cannot enjoy life if we spend a lot of time worrying about what happened yesterday and what will happen tomorrow. We worry about tomorrow because we are afraid. If we are afraid all the time, we cannot appreciate that we are alive and can be happy now. pg 179

Great things to say in this book... I was a little disappointed to find that it's just a compilation of quotes from his other books (many of which I have already read). It is just one quote per page... felt a little gyped... not a bad book for daily meditation though.

This collection of aphorisms was my first introduction to the writings of Thich Nhat Hanh and I found the wisdom that he shares to be very profound. The book gave me a different and valuable new perspective on how to effectively deal with the complex emotions of anger and love, and I highly recommend this book.

Thich Nhat Hanh is one of the most devout and peaceful men that one will ever have the pleasure of reading. A lifelong peace activist, Buddhist monk, and beacon of hope in a dark world, "Taming the Tiger Within" is not unlike reading a few notes from the chorus of a monastery and hearing them at the same time. Essentially, Hanh is only telling us what we should already know and practice with ourselves and our loved ones in a tone of gentleness and love--without a hint of condescension. Many of us would ask, "How can we actually return home after a busy, nettlesome day and not express our anger in immature ways, just to vent?" (privately, of course). Hanh's response is simple: talk about it. Be it. This means shedding a lot of the illusions (the ego goes first, of course) and being totally vulnerable which a lot of are simply not willing to do. Without this willingness which sets free, however, we are always a slave to destruction. Despite being more of a "quick read" as many reviewers have pointed out, this quick read contains more wisdom than busy tomes of theology on Buddhism or any faith. Perfect.

Of all his books this remains my favorite and most often gifted. The book is comprised of short meditations, or thought examples, that stay with you and forces you to look inward on your own responses to situation while gently teaching that alternative responses are available. A well loved book by a favorite author.

simply said whenever i am wrestling with a difficult energy or emotion i read a passage or two from this book and the intense energy i feel is relieved and i become to feel more at peace once again

This book reiterates in a different and more pithy format--one major idea on each page presented in a centered paragraph--the same ideas that were presented in his other book "Anger, Wisdom for Cooling the Flames." A very good book for getting anger under control using basic Buddhist philosophy, which is the practice of what Hanh calls Mindfulness, which means being present, aware and living in present time. I highly recommend this book for quick-tempered people, who wish they had their temper more under control.[...]

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.

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