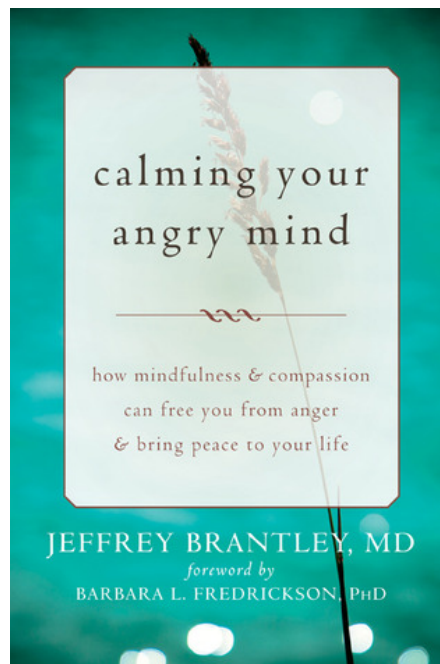




Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life

Jeffrey Brantley

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Anger is a natural emotion—and a part of what makes us human. But when you lose control of your anger, it can get in the way of meaningful relationships, successful careers, and ultimately, feelings of happiness and enjoyment.

In this highly anticipated book, renowned mindfulness expert and author of *Calming Your Anxious Mind* Jeff Brantley offers a breakthrough approach using mindfulness-based stress reduction (MBSR) and compassion practices to help you better handle the anger, fear, and hostile emotions that can wreak havoc at home, work, and in relationships. In addition, you will also learn important self-awareness skills to help you stop overreacting and improve communication with others.

While other self-help books focus on traditional anger management, Brantley offers solutions that give you personal control over the experience of anger in your life. Inside, you'll discover the three major meditative approaches to soothing anger: stabilizing mind and body through concentrating your attention mindfully; using compassionate attention and reflection to disarm the energy of your anger; and learning to use wise understanding about the impermanent and "conditioned" nature of your angry reactions in order to diminish your vulnerability to anger's power.

If you have difficulty with anger, you may be quick to blame others or act in aggressive ways. Unfortunately, this kind of thinking can often leave you feeling alone, alienated, and unhappy. If you are ready to make real, lasting changes, this book can provide you with the skills needed to manage and transform your anger so that you can live a happier, healthier life.

Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life Details

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From Reader Review Calming Your Angry Mind: How Mindfulness and Compassion Can Free You from Anger and Bring Peace to Your Life for online ebook

Lissa says

Very insiteful book. Discusses practicing forgiveness, and responding versus reacting. About exhibiting insiteful behavior, finding the reasoning behind your anger and fears and embracing them. will def be looking into this methodology further.

David says

straightforward discussion of how mindfulness meditation or loving-kindness meditation might help you chillax if you have a problem controlling anger. Lots of references to positive psychology research, brain studies of meditators, etc.

Some brief anecdotes/vignettes of people using the recommended practices. Probably could have used more of those to break up the routine of (a) highly abstract discussion of wise approaches to problems and (b) highly concrete descriptions of meditation practices to try.

Not normally a big fan of FAQ format in a book as opposed to website ("hey, self, could you recommend something for me to do when my mind wanders away from focusing on my breathing?" "Sure, glad you asked...."), but the one chapter raising and responding to difficulties people report in putting it into practice was actually quite good.

Most of it is actually generically applicable mindfulness advice rather than all that targeted to anger. I see that he has other books on reducing anxiety, starting your day with mindfulness, etc. I'd be very surprised if they turned out to be much different, so probably any one will do.

Roxanne says

I won a copy of this from GoodReads.

This is a very good book to read if you need to improve how you handle your anger.

The book provides tools to come out in a more constructive manner.

Brett says

Some good ideas are contained within this book. The ideas in this book will only work for you if you are ready to accept them. The arguments within did not do enough to have a strong enough impact. As much as there is about angry there is an equal amount of information about meditation (if not more). I guess I wanted a little more out of this book. I have tried to incorporate some of the ideas in my daily life because I was open to the idea of mindfulness before reading the book.

Melissa says

I was given this book in exchange for an honest review.

This was a very helpful and informative book. I have used some of the exercises already with my son, who has anger issues. I would recommend this to someone who has an anger problem.

Tammy says

Very helpful and informative. The suggested exercises were not too challenging but very thought-provoking.

Jo-Ann Murphy says

I was very happy to receive this book from the Goodreads giveaways.

This is a really fabulous book. It discusses the role of the brain and other factors that contribute to anger. It emphasizes the fact that you are not doing anything wrong if your experience with the exercises is different.

Finally, the book gives you exercises to practice for whatever amount of time you can spare to help calm the mind and raise awareness of the factors that feed the anger and the effect that anger has on other people.

This book gives you a plan and strategies to help improve your life by dealing with the anger in constructive ways. It is very well done.
