



## The Cow in the Parking Lot: A Zen Approach to Overcoming Anger

By Leonard Scheff, Susan Edmiston

Workman Publishing. Paperback. Book Condition: new. BRAND NEW, The Cow in the Parking Lot: A Zen Approach to Overcoming Anger, Leonard Scheff, Susan Edmiston, Road rage. Domestic violence. Professionally angry TV and radio commentators. We're a society that is swimming in anger, always about to snap. Leonard Scheff, a trial attorney, once used anger to fuel his court persona, until he came to realize just how poisonous anger is. That and his intense study of Buddhism and meditation changed him. His transformation can be summarized in a simple parable: Imagine you are circling a crowded parking lot when, just as you spot a space, another driver races ahead and takes it. Easy to imagine the rage. But now imagine that instead of another driver, a cow has lumbered into that parking space and settled down. The anger dissolves into bemusement. What really changed? You-your perspective. Using simple Buddhist principles and applying them in a way that is easy for non-Buddhists to understand and put into practice, Scheff has created an interactive book that helps readers change perspective, step by step, so that they can replace the anger in their lives with a newfound happiness. Based on the successful anger management...



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