



Taming the Tiger Within: Meditations on Transforming Difficult Emotions

Thich Nhat Hanh

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Taming the Tiger Within: Meditations on Transforming Difficult Emotions Thich Nhat Hanh
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.

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