

Anger Wisdom For Cooling The Flames Thich Nhat Hanh

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Anger | Plum Village

“ When you say something really unkind, when you do something in retaliation your anger increases. You make the other person suffer, and he will try hard to say or to do something back to get relief from his suffering. That is how conflict escalates. ” Thich Nhat Hanh, Anger: Wisdom for Cooling the Flames

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Nonfiction Book Review: ANGER: Wisdom for Cooling the ...

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