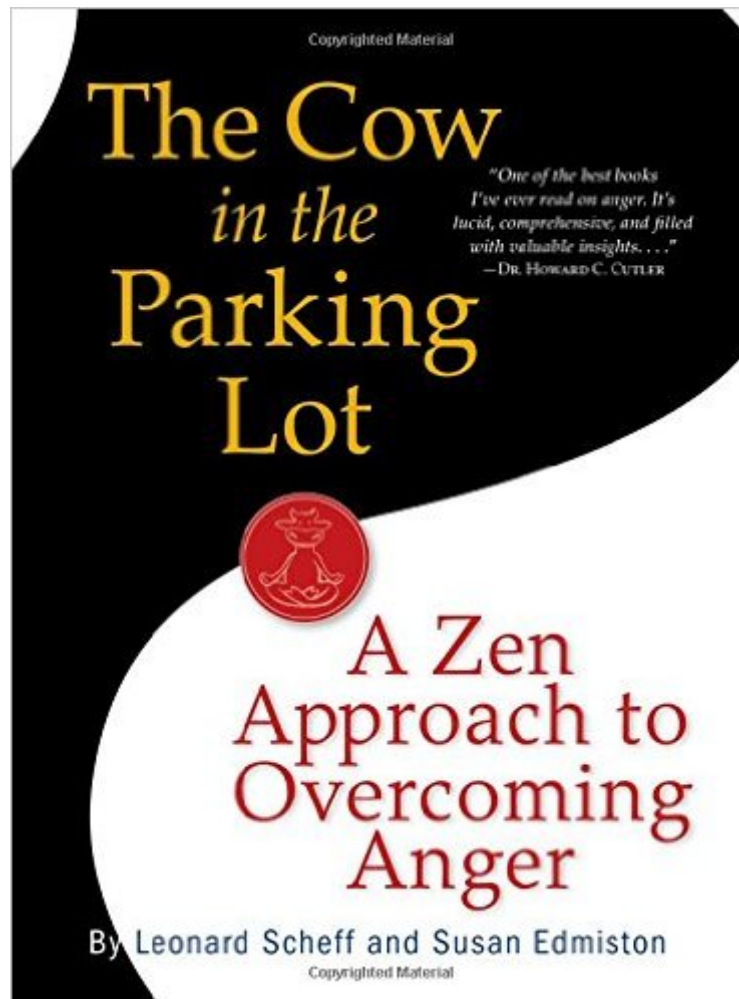


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# The Cow In The Parking Lot: A Zen Approach To Overcoming Anger



## Synopsis

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 and Edmiston have 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 program Scheff created, *The Cow in the Parking Lot* shows how anger is based on unmet demands, and introduces the four most common types: Important and Reasonable (you want love from your partner); Reasonable but Unimportant (you didn't get that seat in the restaurant window); Irrational (you want respect from a stranger); and the Impossible (you want someone to fix everything wrong in your life). Scheff and Edmiston show how, once we identify our real unmet demands we can dissolve the anger; how, once we understand our "buttons," we can change what happens when they're pushed. He shows how to laugh at ourselves a powerful early step in changing angry behavior. By the end, as the reader continues to observe and fill in the exercises honestly, it won't matter who takes that parking space only you can make yourself angry.

## Book Information

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## Customer Reviews

I love this book it changed my life. I don't want to over share but after reading reviews on Haribo 5 pound bag of sugar free gummie bears, I feel safe doing it. I never saw myself as being an angry person, but get this ... I was. Explosively! Anything would set me off! My friends would often tell me constantly to get help & I would just ignore them & say that they were the ones with the problem. I'd use my anger to try (but fail) to manipulate, dominate & control just about everyone & every situation in my life. One day something harmless drove me to the edge of nearly causing someone I loved very much physical harm. I can't tell you how that terrified me. It was only then that I admitted to myself... I was angry & needed help. So glad I read this book. This books approach is very very gentle. I don't want to spoil this fantastic read for you. However, I also don't want you to pass up this opportunity. So I'll say this book despite the title ,is in fact very logical Captain. While at the same time coming across understanding & compassionate. Because that's it's nature it eases you into "ah moments" when you gain insight into understandings about yourself. This book takes very little work. Each chapter has one section where you are asked to do a little self examination. I don't want to spoil it, so I'll just say that many chapters in tandem with the exercises (another book I read) had me take a-- logical & very understanding, compassionate look at myself. I'm 40 today I can't really express you you how I needed this to happen in my life. I can't tell you how close to the razors edge I really was. How am I today & what did I discover about myself & my anger? Anger for me now, I see it as limiting & damaging emotion that hurts no one but me. How am I today?

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