



# Love Your Enemies: How to Break the Anger Habit & Be a Whole Lot Happier

*Sharon Salzberg, Robert Thurman*

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When people and circumstances upset us, how do we deal with them? Often, we feel victimized. We become hurt, angry, and defensive. We end up seeing others as enemies, and when things don't go our way, we become enemies to ourselves.

But what if we could move past this pain, anger, and defensiveness?

Inspired by Buddhist philosophy, this book introduces us to the four kinds of enemies we encounter in life: the *outer enemy*, people, institutions, and situations that mean to harm us; the *inner enemy*, anger, hatred, fear, and other destructive emotions; the *secret enemy*, self-obsession that isolates us from others; and the *super-secret enemy*, deep-seated self-loathing that prevents us from finding inner freedom and true happiness.

In this practical guide, we learn not only how to identify our enemies, but more important, how to transform our relationship to them. Love Your Enemies teaches us how to . . .

*break free from the mode of "us" versus "them" thinking*

*develop compassion, patience, and love*

*accept what is beyond our control*

*embrace lovingkindness, right speech, and other core concepts*

Throughout, authors Sharon Salzberg and Robert Thurman share stories and exercises for achieving finding peace within yourself and with the world. Drawing from ancient spiritual wisdom and modern psychology, *Love Your Enemies* presents tools that are useful for all readers.

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What is your hobby? Have you heard which question when you got students? We believe that that question was given by teacher to their students. Many kinds of hobby, Every individual has different hobby. And you also know that little person including reading or as reading through become their hobby. You should know that reading is very important in addition to book as to be the thing. Book is important thing to incorporate

you knowledge, except your own teacher or lecturer. You will find good news or update regarding something by book. Different categories of books that can you decide to try be your object. One of them is actually Love Your Enemies: How to Break the Anger Habit & Be a Whole Lot Happier.

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