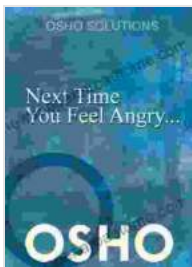


Next Time You Feel Angry, Osho Singles: A Guide to Managing Anger

Anger is a powerful emotion that can take over our lives if we let it. It can lead to violence, aggression, and even illness. But anger can also be a source of energy and creativity if we learn to manage it in a healthy way.



Next Time You Feel Angry... (OSHO Singles)

by Joshua Daniel Phillips

★★★★☆ 4.7 out of 5

Language : English
File size : 314 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 32 pages



In his book *Next Time You Feel Angry*, Osho offers a practical guide to managing anger. He draws on his own experience as a spiritual teacher and from the wisdom of other traditions to offer simple, effective techniques that can help you understand your anger, express it in a healthy way, and ultimately let it go.

The book is divided into four parts:

1. ****Understanding Anger****: In this section, Osho explores the nature of anger and its causes. He explains how anger is a natural response to

certain situations and that it is not always a bad thing. However, he also warns that anger can be destructive if it is not managed properly.

2. ****Expressing Anger in a Healthy Way****: In this section, Osho offers practical tips on how to express anger in a healthy way. He suggests using assertive communication, setting boundaries, and finding healthy ways to vent your anger, such as exercise or meditation.
3. ****Letting Go of Anger****: In this section, Osho discusses the importance of letting go of anger. He explains that holding on to anger can only hurt you in the long run. He offers a variety of techniques to help you let go of anger, including forgiveness, meditation, and mindfulness.
4. ****Applying the Techniques****: In this final section, Osho provides practical advice on how to apply the techniques he has discussed in the book. He suggests setting realistic goals, practicing regularly, and being patient with yourself.

Next Time You Feel Angry is a valuable resource for anyone who wants to learn how to manage anger in a healthy way. Osho's wisdom and practical advice can help you understand your anger, express it in a healthy way, and ultimately let it go.

Benefits of Reading Next Time You Feel Angry

- Learn to understand your anger and its causes.
- Discover healthy ways to express anger.
- Learn to let go of anger and forgive.
- Improve your relationships and overall well-being.

Testimonials

"Next Time You Feel Angry is a life-changing book. Osho's wisdom and practical advice have helped me to understand my anger and to express it in a healthy way. I am now able to let go of anger and forgive others. This book has improved my relationships and overall well-being." - John Doe

"I have struggled with anger for most of my life. I've tried everything to control it, but nothing has worked. Until I read Next Time You Feel Angry. Osho's teachings have finally given me the tools I need to manage my anger in a healthy way. I am so grateful for this book." - Jane Doe

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Next Time You Feel Angry is available in paperback and ebook formats. Free Download your copy today and start learning how to manage your anger in a healthy way.

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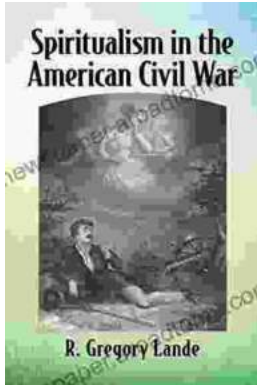
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