



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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