

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

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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).

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[The Cow in the Parking Lot](#), by Leonard Scheff and Susan Edmiston, says you can manage your anger in a positive way through the power of Buddhism. So when a colleague screws up, a donor pulls out or a charity campaign misfires, reach for the yoga mat, assume the meditation position and chant your cares away...

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The parable of the cow in the parking lot Imagine you ' re trying to park your car in a lot and a car unexpectedly pulls out in front of you. You have to slam on your brakes to avoid hitting the car.

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[The Cow in the Parking Lot](#) teaches how to harness the powerful but entirely negative energy of anger and change it into positive and compassionate emotions, giving you the strength to love others and live at peace with yourself.

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[Amazon.com: The Cow in the Parking Lot: A Zen Approach to ...](#)

" The Cow in the Parking Lot: A Zen Approach to Overcoming Anger offers one of the best titles available on anger management. If someone stole your parking spot, you'd be mad. A useful entry point for those curious about how to apply Zen precepts in their life, suitable for all.

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Cow Pond was formally created in the early 1700s by architect Henry Flitcroft, as an extension from an existing pond. The oak arbour and footbridge, added as part of the renovations in 2012, were built according to the original 1748 designs.

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