



# Daily Meditations for Calming Your Angry Mind: Mindfulness Practices to Free Yourself from Anger

*Dr. Jeffrey Brantley and Wendy Millstine*

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## **Daily Meditations for Calming Your Angry Mind: Mindfulness Practices to Free Yourself from Anger**

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Leading mindfulness expert and author of *Calming Your Anxious Mind*, Jeffrey Brantley, MD, offers daily mindfulness-based meditations to help you gain control of your emotional reactions, improve your relationships, and cultivate peace, balance, and well-being in your life. Anger is an intense emotion that everyone deals with, but when feelings of anger spiral out of control they can get in the way of living a full and happy life. If you struggle with intense irritability or angry outbursts, you may feel like your reactions are beyond your control. But this simply isn't true—you, and only you, have the power to change your life. You just need to be shown the way. In *Daily Meditations for Calming Your Angry Mind*, Brantley details three different paths—or approaches—based in mindfulness and meditative perspectives, that you can choose from to take control of your anger, and your life. First, you'll learn to disengage from your anger by pausing to be mindful when anger is happening. Second, you'll discover ways to cool your anger using meditative practices to nurture kindness and compassion towards yourself and others. And third, you'll find tips for practicing mindfulness to transform your understanding and realize your anger is not an identity, a defect, or a permanent condition. These three practical and easy-to-use approaches to anger management have a strong basis in both ancient and modern traditions. With this book as your guide, you can finally overcome the tumultuous thoughts, feelings, and reactions that have been holding you back in life.

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