

**Taming The Tiger Within: Meditations On
Transforming Difficult Emotions [Kindle Edition] By
Thich Nhat Hanh**

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Taming the Tiger Within is a handbook of meditations, analogies, and reflections that offer pragmatic techniques for diffusing anger, converting fear, and cultivating

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Buddhist monk, scholar, peace activist, and spiritual teacher Thich Nhat Hanh is the author of more than 100 books. In this collection of meditations and reflections

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