



# **Mindfulness and the Art of Managing Anger: Meditations on Clearing the Red Mist**

*Mike Fisher*

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Mindfulness & the Art of Managing Anger explores the powerful emotion of toxic anger – what it is, why we experience it and how we can learn to control its destructive power through the very nature of mindfulness. Fusing Western and Buddhist thought, therapeutic tools, specific meditative practices and frank personal anecdotes, this book reveals how we can all clear the red mist for peaceful wellbeing.

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