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Anger Management: Make Your Anger A Meditation

Nitin Srivastava

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This book, that, I am writing is for only one purpose, that, I want to see this world a calmer place. The more civilization and technological advancement is prevailing, the more human being is becoming perverted. And, more emotional problems are happening to humans. I am able to see drastic change in human beings at both society and individual levels. This change of emotional instability is increasing the danger for humans to be more violent, and, this is happening continuously. Anger, is becoming a great problem these days. That is why, I am so interested in writing this book. This book will focus on many aspects of anger and try to make you understand that how understanding, mere understanding, can let the anger go. Many people ask, that, for them it is very surprising to see me as if anger is a non-existent entity and then they ask, how it is possible for me to control the anger? I always answer them, that, I have never controlled anger. And then they ask me, “If you don't control it then how do you behave stable, are you pretending?” I have always told them, that, anger is not such a big issue as we feel about it and sometimes it is nature's gift, that God has given to us.

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