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EMOTIONS: Freedom from Anger, Jealousy & Fear

By Osho



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EMOTIONS: Freedom from Anger, Jealousy & Fear By Osho

Strong emotions that we don't know how to handle effectively lie at the core of so many difficulties in the life of the individual. They can affect our relationships with loved ones, and how we function in our work. They play a profound role in how we feel about ourselves, and can even affect our physical health. And we are too often trapped in the dilemma of "expression" versus "repression." Expressing our emotions can often hurt others, but by repressing them – even in the benevolent guise of "self-control" – we risk hurting ourselves.

Osho offers a third alternative, which is to understand the roots of our emotions and to develop the knack of watching them and learning from them as they arise, rather than being "taken over" by them. Eventually we find that even the most challenging and difficult situations no longer have the power to provoke us and cause us pain.

Osho's unique insight into the workings of the mind, the heart, and the essence or "being" of the individual goes far beyond the understandings of conventional psychology. Over more than three decades of work with people from all walks of life, he has developed simple techniques and insights to help modern-day men and women to rediscover their own inner silence and wisdom.



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Editorial Review

About the Author

Osho is a contemporary mystic whose life and teachings have influenced millions of people of all ages, and from all walks of life. His often provocative and challenging teachings generate today more and more interest and his readership is dramatically expanding around the world in more than fifty languages. People can easily recognize the wisdom of his insights, and their relevance to our lives and to the issues we are facing today. The Sunday Times in London named Osho as one of the "1,000 Makers of the 20th Century". He is known around the world for his revolutionary contribution to meditation - the science of inner transformation - with the unique approach of his "OSHO Active Meditations" acknowledging the accelerated pace of contemporary life and bringing meditation into modern life.

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Rachel Robertson:

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Teresa Laureano:

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Jared Carter:

Are you kind of active person, only have 10 or even 15 minute in your morning to upgrading your mind ability or thinking skill perhaps analytical thinking? Then you are experiencing problem with the book when compared with can satisfy your short period of time to read it because all of this time you only find guide that need more time to be study. EMOTIONS: Freedom from Anger, Jealousy & Fear can be your answer given it can be read by you who have those short time problems.

Adam Carter:

In this time globalization it is important to someone to receive information. The information will make you to definitely understand the condition of the world. The condition of the world makes the information quicker to share. You can find a lot of personal references to get information example: internet, paper, book, and soon. You will see that now, a lot of publisher that print many kinds of book. Often the book that recommended for you is EMOTIONS: Freedom from Anger, Jealousy & Fear this reserve consist a lot of the information in the condition of this world now. This specific book was represented how does the world has grown up. The terminology styles that writer require to explain it is easy to understand. The particular writer made some study when he makes this book. Honestly, that is why this book suitable all of you.

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