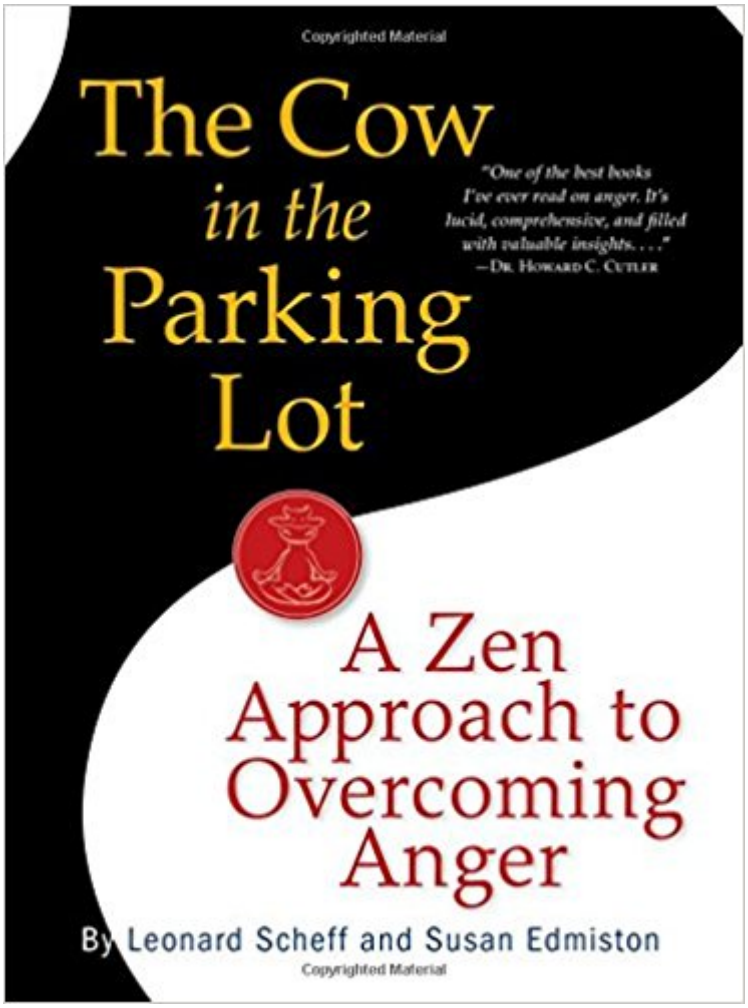
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The Cow In The Parking Lot: A Zen Approach To Overcoming Anger



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Synopsis

Road rage. Domestic violence. Professionally angry TV and radio commentators. WeÃ¢â ¬â„¢re a society that is swimming in anger, always about to snap. Leonard Scheff, a trial attorney, once used anger to fuel his court persona, until he came to realize just how poisonous anger is. That and his intense study of Buddhism and meditation changed him. His transformation can be summarized in a simple parable: Imagine you are circling a crowded parking lot when, just as you spot a space, another driver races ahead and takes it. Easy to imagine the rage. But now imagine that instead of another driver, a cow has lumbered into that parking space and settled down. The anger dissolves into bemusement. What really changed? YouÃ¢â ¬â ¢your perspective.Using simple Buddhist principles and applying them in a way that is easy for non-Buddhists to understand and put into practice, Scheff and Edmiston have created an interactive book that helps readers change perspective, step by step, so that they can replace the anger in their lives with a newfound happiness. Based on the successful anger management program Scheff created, The Cow in the Parking Lot shows how anger is based on unmet demands, and introduces the four most common typesÃ¢â ¬â ¢Important and Reasonable (you want love from your partner); Reasonable but Unimportant (you didnÃ¢â ¬â„¢t get that seat in the restaurant window); Irrational (you want respect from a stranger); and the Impossible (you want someone to fix everything wrong in your life).Scheff and Edmiston show how, once we identify our real unmet demands we can dissolve the anger; how, once we understand our "buttons," we can change what happens when theyÃ¢â ¬â„¢re pushed. He shows how to laugh at ourselvesÃ¢â ¬â ¢a powerful early step in changing angry behavior. By the end, as the reader continues to observe and fill in the exercises honestly, it wonÃ¢â ¬â„¢t matter who takes that parking spaceÃ¢â ¬â ¢only you can make yourself angry.

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Customer Reviews

Ã¢â ¬Å“This little gem of a book is full of practical advice, illustrated by engaging stories of ways to recognizeÃ¢â ¬â ¢then handleÃ¢â ¬â ¢episodes of anger in our lives. It is funny at moments, thoughtful and thoroughly eye-opening in others, and requires no adherence to a Zen lifestyle to gain its benefits.Ã¢â ¬Â•?Ã Ã¢â ¬â ¢ Book Passage, San Francisco (Management Today)Ã¢â ¬Å“Scheff, a lawyer and Buddhist who has conducted seminars on anger management, and journalist Edmiston take a fresh approach to the perennial issue of anger, which they identify as a way of responding to unmet needs or wishes. They show how, through the application of simple Buddhist ideas, readers can alter their responses to life’s anger-inducing moments and move from anger toward compassion. VERDICT: This book is aptly pointed at those who are curious about Buddhist spiritual practice in today’s world, with its many opportunities for rage and frustration; it should appeal to religious readers as well as mothers, business leaders, teachers, and others.Ã¢â ¬Â•Ã¢â ¬â ¢ Library JournalWhat do cows and parking spaces have to do with managing a third sector workforce? Quite a lot, if your day-to-day life involves finding yourself in a situation where you might succumb to feelings of frustration or anger. The Cow in the Parking Lot, by Leonard Scheff and Susan Edmiston, says you can manage your anger in a positive way through the power of Buddhism. So when a colleague screws up, a donor pulls out or a charity campaign misfires, reach for the yoga mat, assume the meditation position and chant your cares away ... You may be wondering where the cow comes in. Well, imagine you’re in a supermarket car park, circling for that elusive space. You find one, but before you can reverse in, someone else has swiped it. Now imagine that, instead of another driver, a cow has lumbered into the space and settled down. Your anger dissolves into bemusement. Scheff and Edmiston explain that once we understand our anger "buttons", we can defuse a situation if they’re pushed. Alternatively, just picture the cause of your frustration - be it a boss, colleague or donor - as a docile cow. That will soon have you smiling. - Emma De Vita is books editor of Management TodayWhat do cows and parking spaces have to do with managing a third sector workforce? Quite a lot, if your day-to-day life involves finding yourself in a situation where you might succumb to feelings of frustration or anger. The Cow in the Parking Lot, by Leonard Scheff and Susan Edmiston, says you can manage your anger in a positive way through the power of Buddhism. So when a colleague screws up, a donor pulls out or a charity campaign misfires, reach for the yoga mat, assume the meditation position and chant your cares

away ... You may be wondering where the cow comes in. Well, imagine you're in a supermarket car park, circling for that elusive space. You find one, but before you can reverse in, someone else has swiped it. Now imagine that, instead of another driver, a cow has lumbered into the space and settled down. Your anger dissolves into bemusement. Scheff and Edmiston explain that once we understand our anger "buttons", we can defuse a situation if they're pushed. Alternatively, just picture the cause of your frustration - be it a boss, colleague or donor - as a docile cow. That will soon have you smiling. - Emma De Vita is books editor of Management TodayÃ¢â ¬Å"The Cow in the Parking Lot: A Zen Approach to Overcoming Anger offers one of the best titles available on anger management. It's packed with insights and techniques that advocate getting calm instead of angry, and comes from a trial attorney who used anger to fuel his fiery courtroom presence. Buddhist wisdom permeates a powerful survey of what provokes anger and how to turn it aside.Ã¢â ¬Â• Ã¢â ¬â œCalifornia Bookwatch

Ã¢â ¬Å"One of the best books I've ever read on anger. ItÃ¢â ¬â„¢s lucid, comprehensive, and filled with valuable insights. Readers will discover not only an effective approach to overcoming anger, but the wisdom and methods to achieve a profound inner transformation Ã¢â ¬â œ a life less troubled by destructive emotions, a life of greater happiness.Ã¢â ¬Â•Ã¢â ¬Â¨Ã Â Ã¢â ¬â • Dr. Howard C. Cutler, co-author with the Dalai Lama of Ã Â Ã¢â ¬Å"The Art of HappinessÃ¢â ¬Â•Ã¢â ¬Â¨ --This text refers to an out of print or unavailable edition of this title.

Very good book. For those of us who need a book like this, I think it can help a lot. BUT you have to put in the work on yourself, meditation, and constant vigilance and effort to make a change if you have long-term anger issues.That said, this is very well written and may indeed help.I did notice a few times I began to ask myself "What good is it to get angry about these things? after reading it...

It was a good start down this path. It's written in a fairly simplistic manner which is great,but it just didn't resonate with me for some reason. The cadence of the book missed me. It did however get me to want to learn more and go in depth on the subject. Its,a good start I think.

I would definitely recommend this book to anyone who has had any interaction with anger in their life. This book was a seemingly easy read which was very engrossing. The concepts didn't appear to be life changing but were still useful. Recently, though, I've found myself using these practices without really thinking about it and it has dramatically improved my reactions to and relationships

with people.One of the concepts which has been particularly useful is asking yourself why you're angry, is it necessary or is it just harmful? Is there a better way to express your emotions without acting irrationally from anger?Another great practice which the book touches on is empathizing with the person who has offended you. Maybe thinking of it from their point of view and speculating noble reasons for their actions. After all, the author says, you have no idea what the other person was thinking or acting from when they offended you, more than likely it is all a misunderstanding due to perceptions.Again, these concepts aren't revolutionary. Read any Buddhist work and these same ideas will run throughout - they are thousands of years old. This author mentions that this book may not be helpful initially, it may need to be read multiple times or it may simply just click one day. I completely agree with this. As I said, I originally thought it was just an enjoyable read covering some basic theories but I notice bits of this book creeping into my every day life and general awareness.Overall, I would definitely recommend this book and the benefits even basic points can bestow on anyone's life.

It took me several starts to actually read this book. What do you expect? The author starts by telling the reader to imagine that someone just cut you off and stole your parking space. Then, imagine that a cow was in the parking place, instead. For some weird reason, he thinks you wouldn't be angry if it was a cow. But, I'll tell you, when I ended up driving down a country road one time and a stupid cow was standing in the middle of the very narrow road, blocking my way, I didn't think it was funny at all. I was very irritated, especially when I honked at the stupid beast and all it did was stare at me. So, if this author thought that thinking about cows was going to calm me down, he had another think coming. Yeah. Well, after I finally got past the cow and got a couple chapters into the book, I found that it offered some very good advice. I ended up reading the book in just a couple sittings. So, maybe you don't like cows either, but give the book a chance. I think you'll find it was well worth your time.

This book is great for someone who has a difficult time managing stress and lashes out when stressed or angry. The methods and situations in the book are really thought provoking. Approach the book with an open mind and give the methods some time.

I first listened to this book, then I decided my whole family needed to read it-so I bought it. I love the analogies and easy to use strategies for reducing anger and stress! It's an easy read and I highly recommend it if you are looking for some new perspectives on the emotion of anger!

I liked this book because I found that every chapter gave me concrete insights into how damaging anger can be along with strategies for living without it. Each chapter not only builds on the previous ones but many of them may be read individually to allow a focus on changing specific patterns of behavior. Like many things related to the philosophy of living, the ideas are easy to read while at the same time will also inspire much thinking that will lead to even more insights over time.

This book did a great job of relating the anger I feel on a daily basis to the impact it has on me and those around me. It had simple but real situations and while it did not go into the throes of coping with the anger, it established a framework to explore further. I really enjoyed the book and it was easy to read. I will likely buy additional copies for others that I think will benefit.

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