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THE COW IN THE PARKING LOT: A guide for transforming anger for a happier more effective life

S. Scheff

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You are at the opening of a new shopping center on the edge of town. You have been looking for a parking space for ten minutes. At last, right in front of you, the back-up lights come on. You turn on your turn signal and wait. From the other direction a jeep pulls into the space. Not only that, but when you honk, the driver gets out, smirks, and gives you the finger. Are you angry? You bet you are. Perhaps angry enough to want to ram his car.Now change the scene ever so slightly. Instead of a brash jeep driver, a cow comes from the other direction and settles into the space. When you honk, she looks up and moos. Are you angry? Probably not. Most people are amused. What the difference?This book hopes to convince you, based on Buddhist teachings in a contemporary context that there is no difference. It will attempt to demonstrate how you can free yourself from your conditioning and beliefs that lead to anger and all of its unpleasantness. The approach of this book can be summarized as:Anger is like hitting your hand with a hammer. If you stop, you will feel better.

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