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Download Anger Checklist DOWNLOAD PDF As part of writing The Cow in The Parking Lot and conducting Buddhist anger transformation workshops and seminars, Leonard Scheff has created a simple checklist for people to reference when they begin to experience anger.

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The Cow in the Parking Lot by Susan Edmiston Â· OverDrive

The Cow In the Parking lot is an enjoyable read. It forces the reader to look within themselves to combat anger vs. looking to the world. Contains exercises that will challenge every emotion you have.

The Cow in the Parking Lot: A Zen Approach to Overcoming

â€œThe 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.

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The Cow in the Parking Lot: A Zen Approach to Overcoming

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