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The Three Poisons: A Buddhist Guide to Resolving Conflict

Ross McLauran Madden

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THE THREE POISONS is a guide to using Buddhist principles to resolve the conflicts (both internal and inter-personal) in your life. It outlines how conflict is viewed from the perspective of Buddhist psychology, how the Buddha himself resolved the conflicts in his life, and provides the reader with tools and techniques to convert the poisons of anger, greed and delusion as they show up in various conflict situations into loving-kindness, compassion, and tranquillity.

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