



# Freedom from Anger: Understanding It, Overcoming It, and Finding Joy

*Alubomulle Sumanasara*

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**Freedom from Anger: Understanding It, Overcoming It, and Finding Joy** Alubomulle Sumanasara

Extinguish anger forever and find true happiness with this step-by-step guide.

Anger is a potent poison that ruins health and damages relationships. In today's world of Twitter feuds, road rage, and internet trolls, it is all too easy for anger to grab hold of us.

This timely book offers practical advice on how to put aside anger and ego and embrace laughter and reason. Like a friendly family physician, Venerable Sumanasara helps you see what triggers your anger, what affect it has on you, and what you can do about it. Maybe you have trouble at work or at home, maybe you had a difficult childhood, or maybe you just get angry in traffic. In short, bite-sized chapters, he offers wisdom, along with a laugh, that you can use.

Drawing on easy-to-follow metaphors and parables from a variety of cultural traditions, in an accessible, conversational style free of dogma, Venerable Sumanasara shows us how to manage our emotions so that we can lead healthier, happier lives finally freed from anger.

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