



**[(Healing Anger: Power of Patience from a  
Buddhist Perspective)] [Author: Dalai Lama XIV]  
published on (March, 1997)**

*Dalai Lama XIV*

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Generally speaking, all the major religions emphasize the importance of the practice of love, compassion, and tolerance, but this is particularly true of Buddhism. To cultivate the compassion and love inherent in all of us, we must counteract their opposites, anger and hatred. This outstanding teaching by the world's foremost Buddhist, based on the "Patience" chapter of A Guide to the Bodhisattva's Way of Life, offers those seeking to improve themselves numerous techniques for overcoming these obstacles.

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