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# Introduction

I invite you to take this book as a conversation over a cup of tea between myself the author and you the reader, two old friends discussing their discoveries about life. Let my voice be the written word, and yours is your contemplation and thoughts after reading and trying the exercises.

This is not a method of containing anger; rather we will explore a way such that destructive anger does not even arise, so there is nothing to deal with. Without anger, you can live without conflict. For the past 30 years I have studied, practiced, applied and taught the methods I have discovered of actually eliminating negative anger from your life without restricting your feelings. There is nothing mystical or spiritual about it, it is purely and simply understanding the way the mind works, psychology mixed with intellect, reason and accounting for human emotions. The principles are based generally on logic, common sense, practical and objective views.

You cannot eliminate conflicts and anger from the world and therefore from time to time, you will encounter it. What you can achieve is a way of living by which you don't get angry or affected by being in a conflict. It is as if a storm rages around you but you remain untouched by it. This is feasible and effectively eliminates anger from your life, if not the rest of the world.

Anger comes in two kinds, one productive and the other destructive. The reason we are often taken with destructive anger is the lack of understanding of the machine that we call the mind. We will look into the causes of anger and conflicts and the method by which we can understand the way our mind works so that we will no longer be taken for roller coaster rides but actually eliminate the reckless driver and attain a harmonious life.

I will explain the principles of how the average human mind works. Also why your mind causes you to do things that you don't even understand why you are doing them. The proven results from this knowledge are that with understanding there will be the elimination of involuntary actions and emotions which cause unpleasant and undesirable situations.

If at any time you feel that some concepts are too difficult to understand, think back to how hard basic multiplication or division was. Everything is difficult if you don't understand it, but with time, anything becomes simple.

Equanimity is the goal. Things upset us and our emotions are easily aroused. Most often, the apparent cause is not the true cause. There is something beyond the surface and you may know something is there but get distracted before you can see it clearly. The quality of equanimity keeps you mentally stable so you are not easily tipped off the side of joy into a fight.

When you are in a state of being easily set off, there is often some irritation, a need unfulfilled, a great lack of an unknown source in your life. Something inside is burning but since you cannot bring that out, the fire it creates vents at any opportunity. Perhaps it is guilt from not doing something you know you should have done, or the helplessness of not knowing what that even is or how to find it.

Sometimes you have a goal but feel it is impossible to attain, yet harbour your dreams over the years until that forms into an off

balance lead weight that tips easily from side to side, crushing anything standing close enough.

Anger and conflicts cannot be solved without an exploration of the functions of the mind and personality. Anger lies and interacts with our lives through the mind and personality. The short-term result of this study will be far less anger and conflicts. The long-term result will be a perpetual diminishing of negative destructive emotions and reactions. This will bear the fruit of a peaceful life filled with productive and successful relationships.

No exploration of the mind can be complete without the consideration of self-esteem. Your self-view is intricately woven into your reactions and interactions with the events of your life. It may be that you react involuntary or internalise your feelings. Neither way is to your benefit. Both these reactions are eliminated through the raising of the self-esteem.

Ignorance is the greatest cause of difficulty in any situation. Be it in relationships, working a computer or the operation of your business. The elimination of the ignorance of what affects you, why and how you are affected emotionally and intellectually, is vital to the improvement of how your life presently is.

The past is past. Rehashing your past does not turn back the clock and erase it. What will change the effects of the past is to learn why the past is retained to be constantly re-lived and haunt the conscious mind, ruining today and tomorrow. I have given exercises to prove the concepts to yourself about how the mind functions so you can move forward without carrying the negative memories of the past.

The chapters are laid out in a specific order. It is best to read from the beginning and proceed in sequence rather than start in the middle or jump ahead. Each chapter provides information that is required for the subsequent chapters to make sense. There are exercises throughout that make it easier to grasp the ideas and prove them to