



Vinegar Into Honey: Seven Steps To Understanding And Transforming Anger, Aggression, And Violence

Ron Leifer

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Our desires and our fears are woven into a tangled web of conflicts. We want both to eat dessert and to be thin. We want money but don't want to work. Anything that threatens our sense of self and its striving for happiness is perceived as a threat to our very lives—the response to which is defensiveness, anger, aggression, and violence. *Vinegar into Honey* proposes a new paradigm for understanding the relationship between stress, anxiety, anger, and depression. Leifer provides detailed instructions for working with anger and other painful emotions. The process of transforming suffering into equanimity and compassion is central in Buddhist psychology and practice. Each of the steps in *Vinegar into Honey* reflects views and methods drawn from Buddhist tradition. Leifer's work holds promise for psychotherapists and their patients individuals seeking to understand and work with their anger and people interested in the interface of Buddhism and psychotherapy.

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