

## The Cow In The Parking Lot A Zen Approach To Overcoming Anger

Introduction to The Cow in The Parking Lot, a guide to ...

Based on the Transforming Anger workshop Scheff created, The Cow in the Parking Lot shows how anger is based on unmet demands, from the reasonable (we want love from our partner) to the irrational (we want respect from a total stranger) to the impossible (we want someone to fix everything in our life). The authors show how, once we identify our real unmet demands, we can dissolve the anger.

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