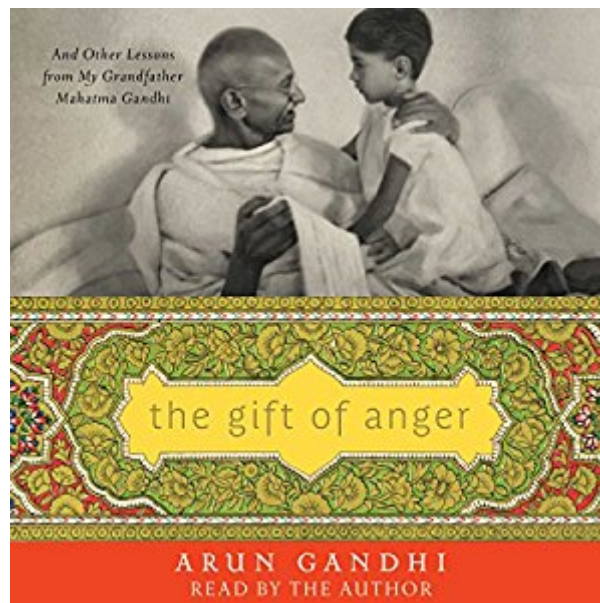


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# The Gift Of Anger: And Other Lessons From My Grandfather Mahatma Gandhi



## Synopsis

Discover 10 vital and extraordinary life lessons from one of the most important and influential philosophers and peace activists of the 20th century - Mahatma Gandhi - in this poignant and timely exploration of the true path from anger to peace, as recounted by Gandhi's grandson, Arun Gandhi. In the current troubled climate, in our country and in the world, these lessons are needed more than ever before. "We should not be ashamed of anger. It's a very good and a very powerful thing that motivates us. But what we need to be ashamed of is the way we abuse it." (Mahatma Gandhi) Arun Gandhi was just 12 years old when his parents dropped him off at Sevagram, his grandfather's famous ashram. To Arun, the man who fought for India's independence and was the country's beloved preeminent philosopher and leader was simply a family member. He lived there for two years under his grandfather's wing until Gandhi's assassination. While each chapter contains a singular timeless lesson, *The Gift of Anger* also takes you along with Arun on a moving journey of self-discovery as he learns to overcome his own struggle to express his emotions and harness the power of anger to bring about good. He learns to see the world through new eyes under the tutelage of his beloved grandfather and provides a rare three-dimensional portrait of this icon for the ages. The 10 vital life lessons strike a universal chord about self-discovery, identity, dealing with anger, depression, loneliness, friendship, and family - perfect for anyone searching for a way to effect healing change in a fractured world.

## Book Information

Audible Audio Edition

Listening Length: 7 hours and 2 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Simon & Schuster Audio

Audible.com Release Date: April 25, 2017

Whispersync for Voice: Ready

Language: English

ASIN: B06XHMDT8P

Best Sellers Rank: #1 in Books > Religion & Spirituality > Hinduism > Gandhi #12 in Books > Audible Audiobooks > Nonfiction > Philosophy #17 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult

## Customer Reviews

Very good book. Digestible in small chunks. Lots of useful, practical insights on the struggle to lead a more productive, peaceful life. I saw Arun Gandhi in person and picked up this book because of it. I have already given it to others to read because I don't want it sitting on my shelf. It needs to be out there in the world being read by others.

wonderful

This beautiful little book will capture your heart. The stories are absolutely wonderful, giving a glimpse into the life of the great Mahatma. In many ways, *The Gift of Anger* is a handbook on how to lead a nonviolent life. I've been working in the field of nonviolence for five decades now and am so grateful to the author for sharing in such a readable fashion the wisdom he learned from his grandfather.

*The Gift of Anger* is a powerful and heartfelt volume filled with wonderful ideas for living a life of integrity and inner peace. In the book Arun Gandhi recounts a two year period during his adolescence when he lived with his grandfather, Mahatma Gandhi, and learned valuable lessons that significantly altered his life. One of the most important of these was how to transform anger into positive energy that can be used to heal instead of harm. Since that time Arun grew up to become an author, speaker, humanitarian, and one of the most renowned peace activists in the world. This inspirational and informative volume is not only important to own, but to gift - again and again!-  
Leona Evans  
Author of *The Evolving Peacemaker: A Commitment to Nonviolence*

Reading this book has caused me to reflect on my daily thoughts and actions. I now actively use anger as energy to create a kinder environment for myself and others.

Love it! Great book! Read it when borrowed recently from the Hawaii State Library. Bought it to share....

Read this book with a pinch of salt. Gandhi did the biggest mistake of letting Nehru be the first PM of India and not winding up the congress party which was essentially started by the Britishers because Nehru was a British Boot licking dog. The man made his own mistakes some major blunders which India had to pay a heavy price post Independence.

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