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Based on the successful anger management program Scheff created, *The Cow in the Parking Lot* shows how anger is based on unmet demands, and introduces the four most common types-Important and Reasonable (you want

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love from your partner);
Reasonable but
Unimportant (you didn't
get that seat in the
restaurant window);
Irrational (you want
respect from a stranger);
and the Impossible (you
want someone to fix
everything wrong in
your life).

The Cow in the Parking Lot: A Zen

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created, The Cow in the
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reasonable (we want
love from our partner)
to the irrational (we
want respect from a
total stranger) to the
impossible (we want

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someone to fix
everything in our life).

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The Cow in the Parking
Lot, by Leonard Scheff
and Susan Edmiston,
says you can manage
your anger in a positive
way through the power
of Buddhism. So when a

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colleague screws up, a
donor pulls out or a
charity campaign
misfires, reach for the
yoga mat, assume the
meditation position and
chant your cares away...

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The parable of the cow
in the parking lot
Imagine you're trying
to park your car in a lot
and a car unexpectedly
pulls out in front of you.

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You have to slam on
your brakes to avoid
hitting the car.

What Do You Do When There's a Cow in the Parking Lot?

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into positive and
compassionate
emotions, giving you
the strength to love
others and live at peace
with yourself.

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Summaries - All About
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Shocking moment

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Slaughterhouse
A
employee chases
escaped cow through a
Home Depot parking lot
before slitting its throat
in full view of horrified
shoppers Footage shows
the employee pursuing
the...

**Slaughterhouse
employee slits cow's
throat in parking lot ...**
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Lot, by Leonard Scheff
and Susan Edmiston,
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colleague screws up, a
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misfires, reach for the
yoga mat, assume the
meditation position and
chant your cares away...

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to ...**

“The Cow in the
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offers one of the best
titles available on anger
management. If
someone stole your
parking spot, you'd be
mad. A useful entry

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point for those curious
about how to apply Zen
precepts in their life,
suitable for all.

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Welcome to the herd
We can't wait for you
to stop by The Cow,
Westfield Stratford City
this magical time of the
year! We're located just

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5 minutes away from
Stratford Station and a
stone's throw from The
London Stadium; we're
the perfect pub to
unwind after a busy day
shopping or to meet
with friends when
attending the endless
events located in Queen
Elizabeth's Olympic
Park.**

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Join us at Cow. Free
smiles & warm
welcomes with every
visit - guaranteed. We
serve freshly prepared
food all day, every day.

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Greene King Local
Pubs**

Cow Pond was formally
created in the early

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1700s by architect
Henry Flitcroft, as an
extension from an
existing pond. The oak
harbour and footbridge,
added as part of the
renovations in 2012,
were built according to
the original 1748
designs.

**Cow Pond | The Savill
Garden | Windsor
Great Park**

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**The Cow In Parking
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**Summary - All About
Cow ...**

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attractions, scenic walks
directly from the
doorstep and gastro
pubs. Set down a
secluded wooden lane
close to Alton Towers
and within the
owners' grounds,
this ...

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