



**Genuine Peace and Happiness are Possible, Here... and Now.
Come find out how.**

Share Timeless Buddhist Wisdom with Hazlitt



Wed, May 12 — 5:30 to 6:30 PM

Anger: Why it Harms You the Most

Suffering is something we all naturally do not want, but to realize that one's own harmful types of thinking are the cause of suffering is something that very few people understand. This understanding is the key to achieving happiness for oneself and for being a positive influence on others.

The five types of harmful thinking are Anger, Jealousy, Greed, Pride and Ignorance. Of these, one's Anger is the easiest to recognize and reduce. It is our #1 target.

Happiness is something we all seek, but how easy is it to attain? Actually, it's easier than you think. If you think that your life does not provide the right conditions for simple joy, why not try something that has worked for thousands of years? Hazlitt can help you learn a few easy-to-use tools that make it easier to understand, experience and realize happiness in your present moment.

Dharma is your positive, beneficial thinking. Studying, contemplating and meditating upon the Dharma teachings of the Buddha enable you to develop more beneficial thinking patterns. Reducing negative, harmful thinking is the first step to increasing your happiness. Your beneficial thinking assists everyone including yourself. Because none of us is an island.

Lecture Location

PRCF Classroom

Free Admittance

The teachings are given freely.

Contact Us

Please come to the discussion and you are welcome to ask for my contact information if you'd like to stay in touch or receive more teachings in the future.

More information at:

www.pathbuddha.com