

ANGER. Anger can be a healthy human emotion, but when it gets out of control and turns destructive, it leads to problems ... in business or at work, as well as in your personal relationships. **I**n serious cases it destroys your quality of life; you lose your job or your relationship breaks down and you may lose your family. When all this occurs at once, anger may even threaten your life.

Anger is healthy where it focuses your and other's attention; it can lead to more successful negotiations, increase optimism, creativity and effective performance.

However, anger can be a strongly uncomfortable and non-cooperative response to a perceived hurt or threat, where it generates self-destructive, irreversible actions.

see also ACCEPTANCE

ATTACHMENTS. We come into and leave this world alone. In between are our attachments. We're attached to our desires and these attachments prevent us from dealing with our self. **I**magine you were used to walking, but obtained a bicycle. You soon will be attached to it - until you get a motorbike. Now you're attached to the motorbike - until you get a car, which you'll soon wish to replace with a bigger and better one. That is how our lives are run - our attachments grow and grow. **W**e may go to church or seek solitude in a retreat or an ashram, but our attachments draw us back into the world of desires; contentment and inner peace are not achieved this way.

Our attachments and our inability to detach result in family feuds and neighbourly quarrels - in fact conflicts on all levels. Ultimately it is attachments and our lack of detachment that are the root of all discord and war.

see also DETACHMENT

ATTENTION. "Pay attention to whom you're talking to, pay attention to what they're saying. Look at their face and watch and listen and try to understand what they're saying. **A**nd what you'll see is, questions pop into your mind, it's like, I didn't understand what you said. Can you clarify that? It sounds like you mean this, is that what you meant?" (Jordan Peterson). **P**ay attention to what you pay attention to. That's pretty much all you need ..." (Amy Krouse Rosenthal). "... which is so right, so wise. Attention is the greatest currency there is." (Julia Baird).

*"A writer, I think, is someone who pays attention to the world."
Susan Sontag*

see also LISTENING