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Zen and the Art of Dealing with Difficult People



Mark Westmoquette

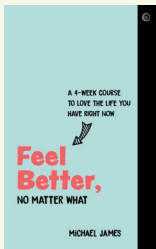
Foreword by Julian Daizan Skinner

ZEN AND THE ART OF DEALING WITH DIFFICULT PEOPLE

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Mark Westmoquette

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This is a unique guide to coping with challenging people using practical Zen and mindfulness tools. It helps readers explore their reactions, break free from knee-jerk response patterns and see if these people may in fact prove to be useful teachers in life – troublesome Buddhas. In this book, Mark Westmoquette draws on personal experience of profound tragedy. He stresses that the only way we can grow is by facing our pain, acknowledging how we feel and how we've reacted, and making an intention or commitment to end the repeating pattern of suffering. By bringing awareness and kindness to these relationships, our initial stance of "I can't stand this person, they need to change" will naturally shift into something much broader and more inclusive. The book makes playful use of Zen koans – apparently nonsensical phrases or stories – to help jar us out of habitual ways of perceiving the world and nudge us toward a new perspective of wisdom and compassion.

Mark Westmoquette has a PhD in astrophysics, and is an ordained Zen monk and a yoga and mindfulness teacher.

WATKINS