



The World of Emotions: creating a milieu of friendliness around yourself (OSHO Singles)

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The World of Emotions:

A unique set of tools for everybody who is interested in improving human relations, and a great help in understanding where we are all coming from and what makes us tick. Full of simple, practical suggestions for creating a milieu of friendliness around yourself that is honest, sincere, and accepting of all our human frailties.

One of the greatest challenges we face in life is learning how to handle and transform emotions. In this small book, Osho takes the reader step by step toward a deeper understanding of the inner world of emotions - where they come from, what types of situations can trigger them, and why they so often take us by surprise.

We are taught that anger is bad, and we resolve not to be angry - but still it happens! Why is that? The first step in understanding is to identify and become aware of the conflicts between our intellectual understandings and the emotional realities that so often dominate our lives, between what we think and what we what we feel. Once the roots of this conflict are clearly seen and understood, the split can be healed. And the powerful life

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