

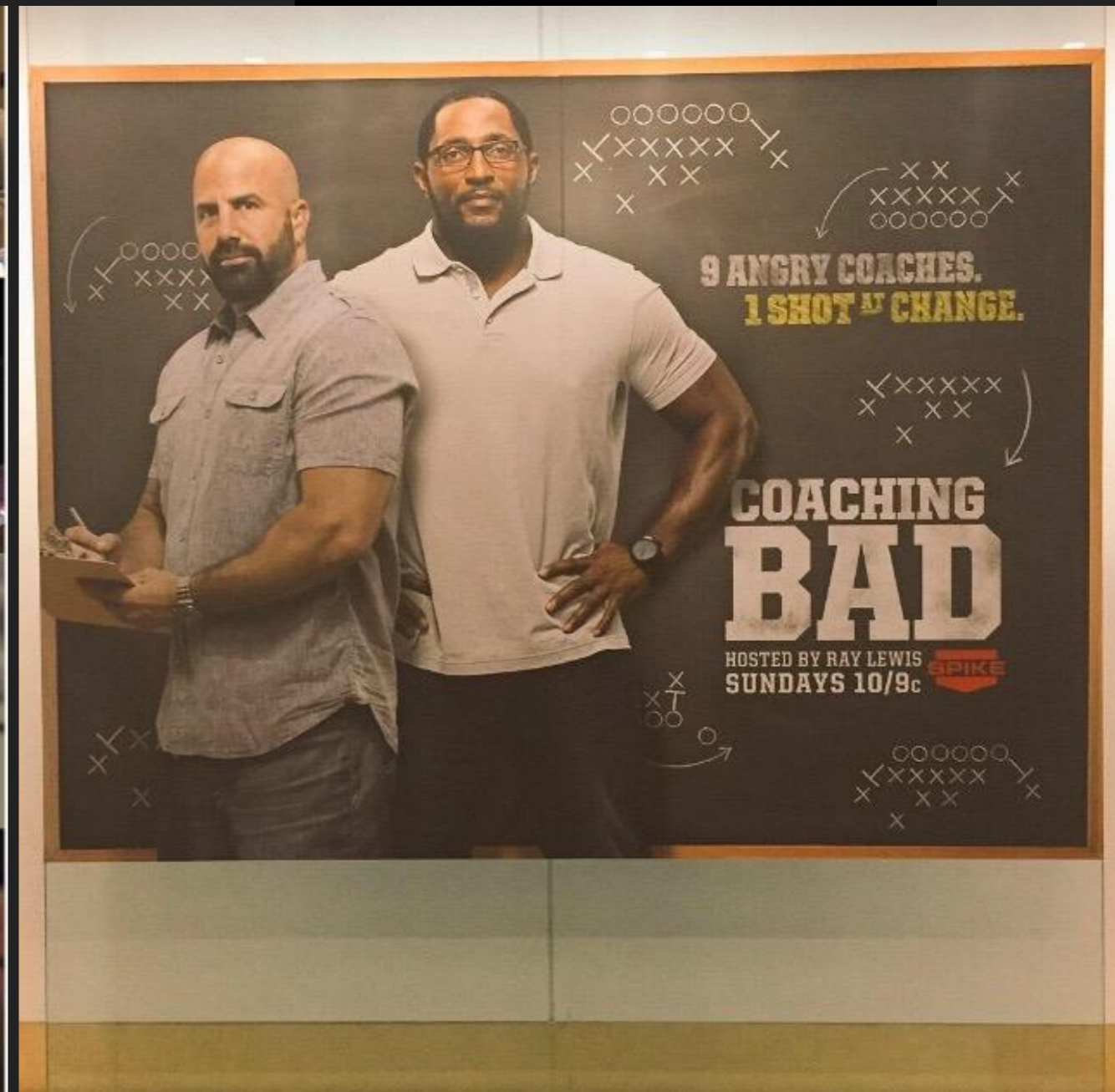
How Buddha Handled Anger: The Eightfold Path of Peace



- Dr. Christian Conte



@Dr_Conte







The Flower Sermon

The Three Poisons

Greed

Hate

Delusion

The Four Noble Truths

- 1. All life has suffering.**
- 2. Suffering stems from desire.**
- 3. Suffering can be overcome.**
- 4. To overcome suffering,
follow the Eightfold Path**



with Ray Lewis & Dr. Conte

A podcast about life channeled through sports.

The Eightfold Path

Right Understanding

Right Intention

Right Speech

Right Action

Right Livelihood

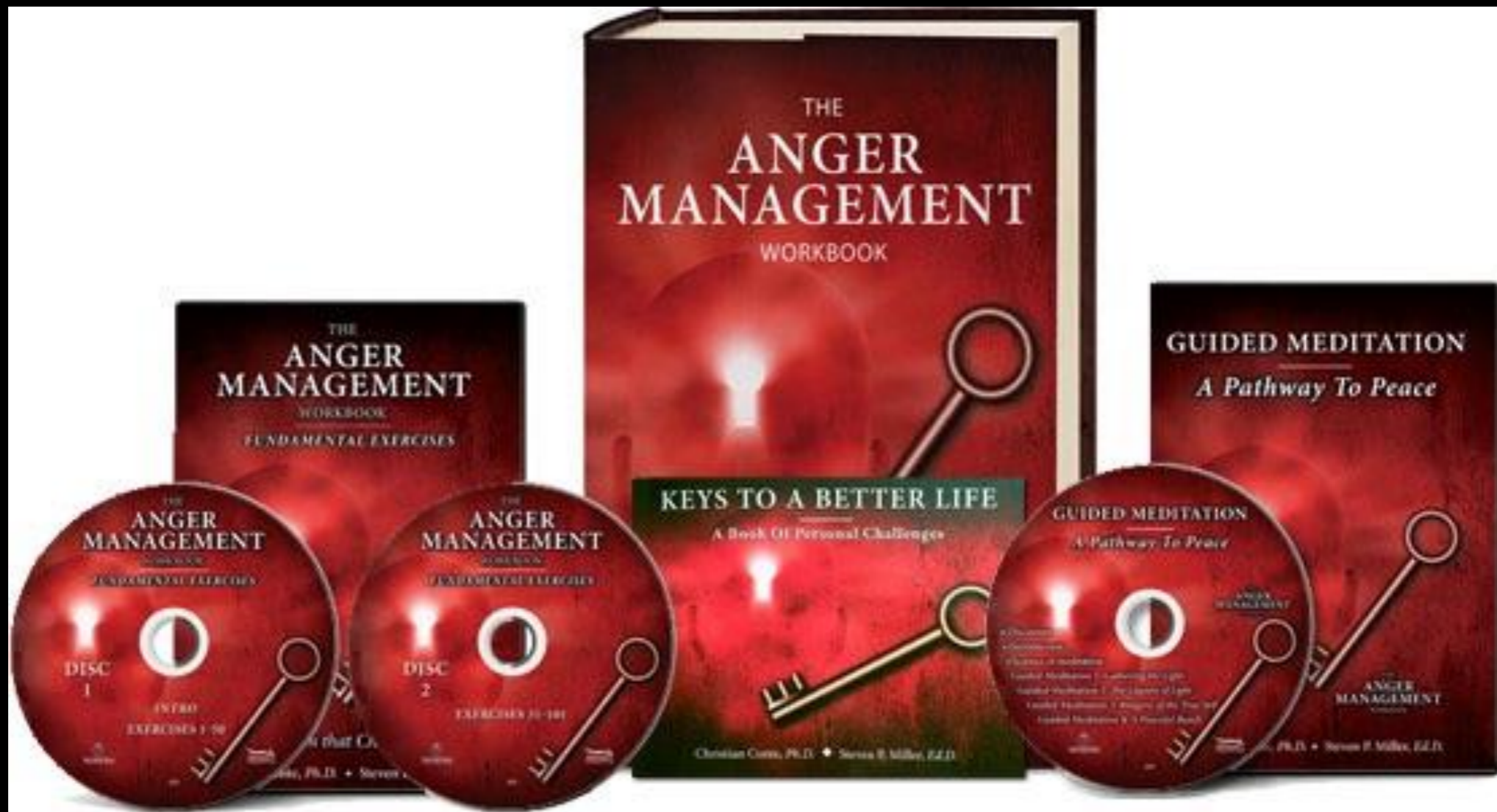
Right Effort

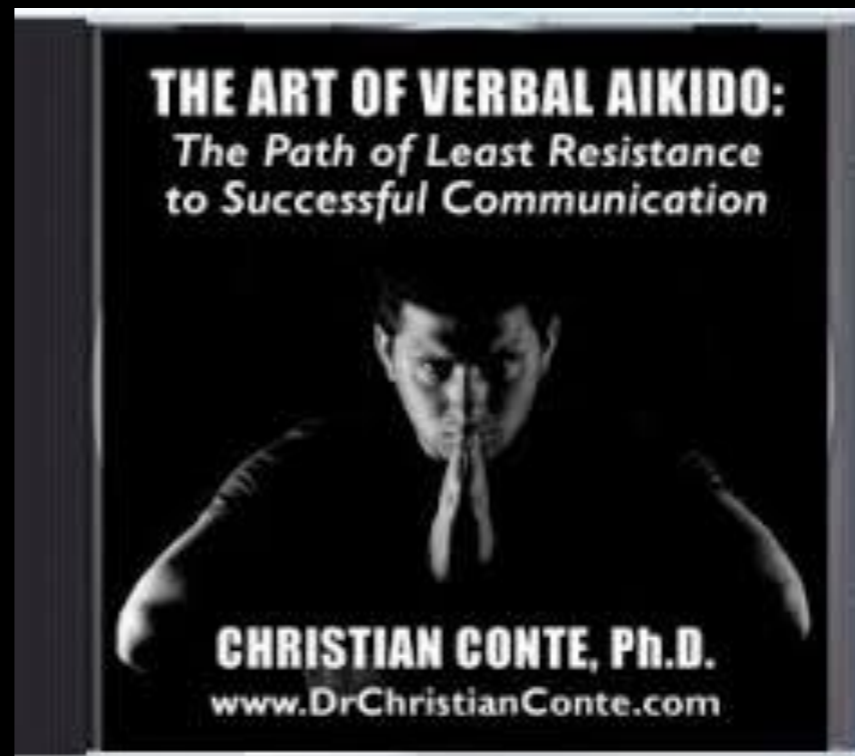
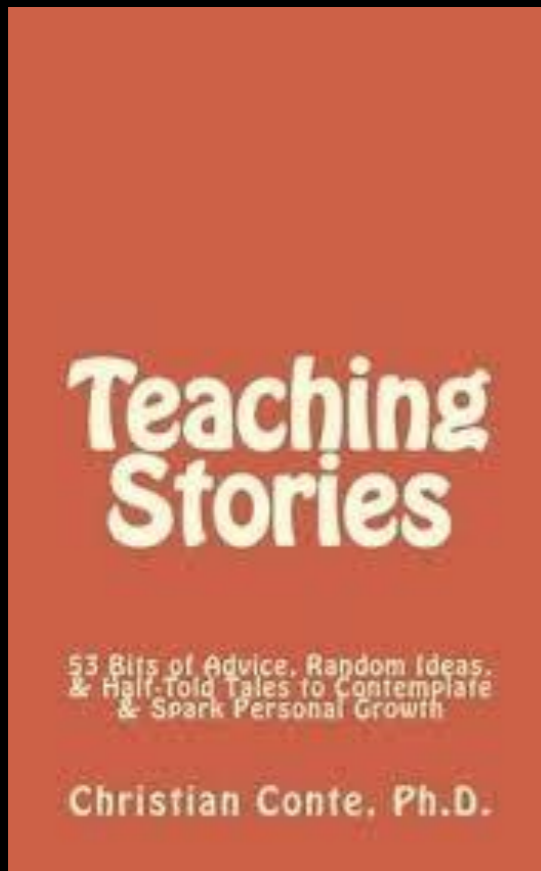
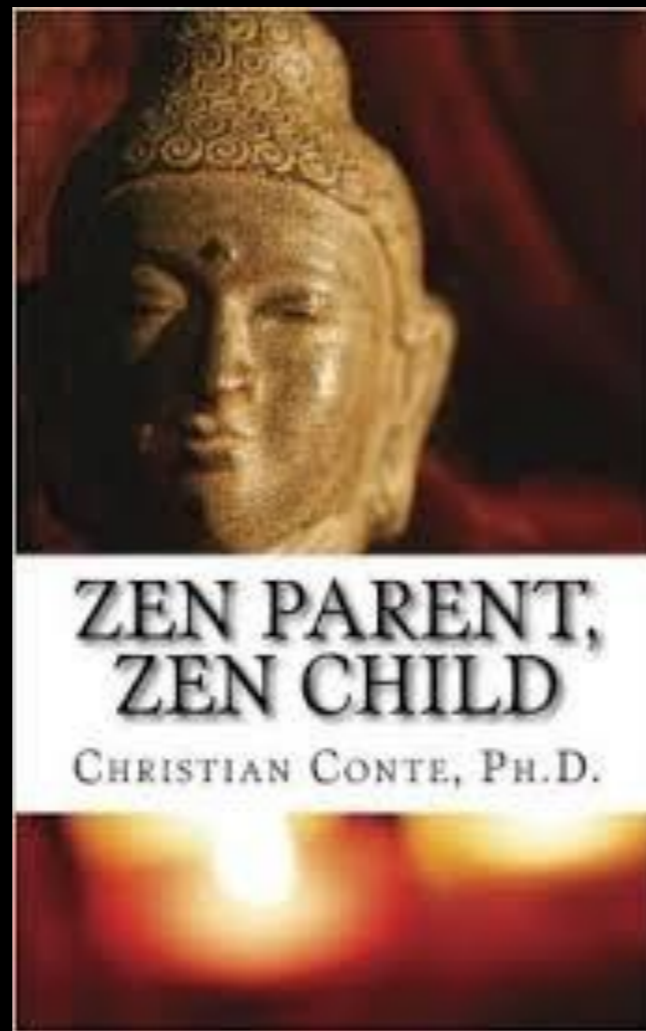
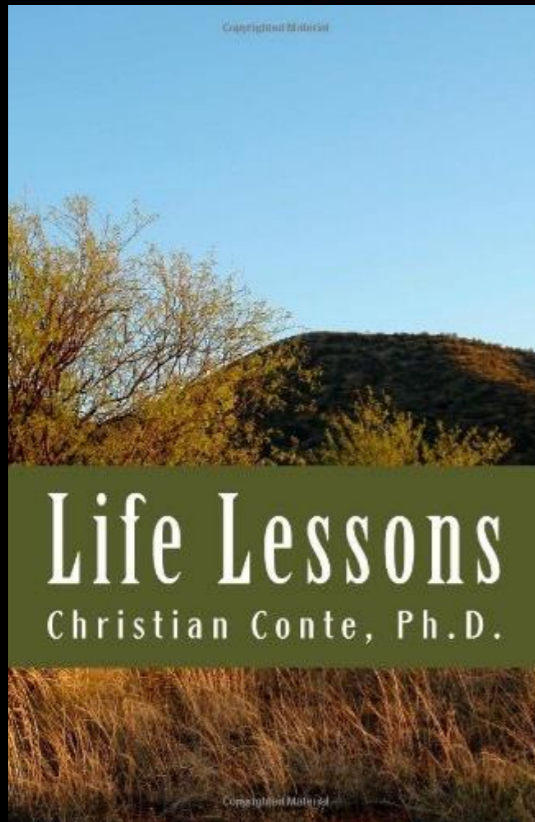
Right Mindfulness

Right Concentration

www.DrChristianConte.com

Code for conference rate: **LACAL**





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Yield Theory

Acceptance
Authenticity
Conscious education
Creativity
Elimination of shame
Mindfulness
Non-attachment

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