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Thich Nhat Hanh writes things in a manner that is easy to digest.

Taming the Tiger within helped me with my anger issues and other difficult emotions. This book has a meditation dedicated to a single page--nothing more, nothing less. It makes it easy to focus when under stress.

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means simple  
acceptance. Choje  
Lama Yeshe Losal  
Rinpoche ... Freedom is  
within you. Choje  
Akong Tulku Rinpoche  
Hasten slowly, you will  
soon arrive. Jetsun  
Milarepa It doesn't  
matter whatever  
comes, stop judging

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and it won't bother  
you. Choje Lama Yeshe  
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renouncing the throne and embracing a life dedicated to Buddha's teachings. Gobaka literally means "man of heart," someone who might be weak physically, but is strong of spirit.

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