**Anger**

Jesus entered again into the synagogue,

and there was a man there whose hand was withered.

And they watched Jesus to see if he would heal him on the Sabbath,

that they might accuse him.

And he said to the man whose hand was withered,

Stand up in the center. Then he said to them also,

Is it lawful to do good or evil on the Sabbath,

to save a life or to destroy it? But they were silent.

And he looked at them with anger,

sad because of the hardness of their hearts;

and he said to the man,

Stretch out your hand, and he stretched it out;

and his hand was restored.

*(St. Mark 3: 1-5)*

Do not let the sun go down on your anger.

*(Ephesians 4:26)*

You must understand this, my beloved:

let everyone be quick to listen, slow to speak, slow to anger.

*(James 1:19)*

Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way – that is not easy. *(Aristotle, in The Nicomachean Ethics)*

**A person is about as big as the things that make him angry. *(Bits & Pieces)***

**Anger makes dull men witty, but it keeps them poor. *(Francis Bacon)***

**Speak when you are angry and you will make the best speech you will ever regret. *(Ambrose Bierce)***

**The science behind "hangry": Feeling short-tempered with your spouse? Try grabbing a snack before picking a fight. New research on the connection between blood sugar and anger has found that those with low blood sugar levels are more likely to be grumpy or outright aggressive toward their spouses than those with higher levels. For the study, 107 married men and women were given voodoo dolls symbolizing their spouses. Each night for three weeks, they were asked to stab the doll whenever they felt angry, with more pricks signaling greater frustration. The results showed that the lower a person's blood glucose, the more pins they were likely to stick in the doll. Scientists then tested to see if those ill feelings translated into nasty behavior. They pitted spouses against each other in a computer game, the winner of which got to blast annoying sounds like sirens and dentist drills through headphones worn by their mate. Once again, those with lower blood sugar levels were more likely to play the noises for longer periods and at louder volumes. "Glucose is the food for the brain that we need to exercise self-control," Ohio State University psychologist Brad Bushman tells NPR.org. "When people's glucose levels are low, they are poorer at exercising self-control." *(The Week magazine, May 2, 20114)***

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Anger is what the Buddha called an “unskillful” emotion. Feelings of rage are natural, but if they are indulged, they are unhelpful, since they often proceed from an inflated sense of our own importance. *(Karen Armstrong, in AARP magazine)*

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else: You are the one who gets burned. *(Buddha)*

Holding anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned. *(Buddha)*

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**Bigotry may be roughly defined as the anger of men who have no opinions. *(G. K. Chesterton)***

**He who angers you conquers you. *(Elizabeth Kenny, Australian nurse)***

**The longer I spend contemplating revenge, the harder I find it to stay angry. *(Ashleigh Brilliant, in Pot-Shots*)**

**If you would cure anger, do not feed it. Say to yourself: "I used to be angry every day; then every other day; now only ever third or fourth day." When you reach thirty days, offer a sacrifice of thanksgiving to the gods. *(Epictetus)***

Anger and hatred are our real enemies. These are the forces we need to confront and defeat, not the temporary enemies who appear intermittently throughout life. *(The Dalai Lama)*

Luann: “Well, I just asked Gunther to the spring dance.” Lady: “Oh, I'm sorry, Luann. I meant to tell you. Are you OK with it?” Luann: “OK? With what?” Lady: “Gunther saying ‘No' to you ‘cuz he's going with me.” Luann: “He said ‘yes’ to you, didn't he?” Lady: “OK, stop a sec. We need to figure out who to be mad at here.” *(Greg Evans, in Luann comic strip)*

**Anger is only one letter away from the word danger. Truly, there is great truth in that statement. You must be willing to say, “Through the love of God in me, I am able and willing to forgive.” Now, it's easy to feel loving and forgiving most of the time. But when someone betrays a trust or makes false accusations or acts in ways that we feel cannot be accepted, our ability to forgive is then put to the test. *(Christopher Ian Chenoweth)*

A thought to remember: Anger is a dark room where negatives are developed. *(Reminisce magazine)***

**Anger is often more harmful than the injury that caused it. When Leonardo da Vinci was working on his painting “The Last Supper,” he became angry with a certain man. Losing his temper he lashed the other fellow with bitter words and threats. Returning to his canvas he attempted to work on the face of Jesus, but was unable to do so. He was so upset he could not compose himself for the painstaking work. Finally he put down his tools and sought out the man and asked his forgiveness. The man accepted his apology and Leonardo was able to return to his workshop and finish painting the face of Jesus. *(Bits & Pieces)***

**If at the end of the day you feel dog tired maybe it’s because you growled all day. (*Church sign in New Brunswick, Canada, submitted by Guideposts reader Karen Morris)***

Hagar says to his servant in the bar: “Helga keeps nagging me about my drinking!” Servant: “Does that bother you?” Hagar: “Are you kidding? I'm so upset I'm going to stay here all day and brood about it!” *(Dik Browne, in Hagar The Horrible comic strip)*

It is impossible for you to be angry and laugh at the same time. Anger and laughter are mutually exclusive and you have the power to choose either. *(Dr. Wayne Dyer)*

Why is it so much easier to be angry when I’m hungry? *(Ashleigh Brilliant, in Pot-Shots)*

**Charles Chapin, editor of the long-defunct New York World had frequent outbursts of temper during which he invariably fired someone. Then, when his anger had subsided, he would rehire the person. Once, after he had dismissed a reporter, the latter picked up his coat and started to leave. “Where are you going?” demanded Chapin, his anger spent. “Home. You fired me, remember?” “Hah!” cried Chapin. “You’re just using that to get the afternoon off!” *(Bits & Pieces)***

**For every minute you are angry, you lose 60 seconds of happiness. *(Ralph Waldo Emerson)***

I haven't the energy to be actively angry -- it takes all my strength to be quietly disgusted. *(Ashleigh Brilliant, in Pot-Shots*)

**He who flies into a rage always makes a bad landing. *(Unity of Springfield newsletter)***

**The fly cannot be driven away by getting angry at it. *(African proverb)***

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**Whatever is begun in anger, ends in shame. (*Benjamin Franklin*)**

Anger is never without reason, but seldom with a good one. *(Benjamin Franklin)*

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**Temper is a funny thing; it spoils children, ruins men, and strengthens steel. *(Farmers’ Almanac)***

**April: “They kicked everything apart. They even broke our pumpkins. I hate those kids.” Dad: “Hate is an ugly word, April. Let’s just leave all of this now, and go to bed.” April: “Aren’t you angry, Dad?” Dad: “Sure I’m angry. But if you give it time, anger turns into thought.” *(Lynn Johnston, in For Better Or For Worse comic strip)***

Anger and indignation are good for you; they keep your circulation going. *(Liz Carpenter)*

**Charles Goodyear had an argument with his brother and discovered vulcanized rubber! Gesturing wildly, he dropped a chunk of rubber gum and a piece of sulfur onto the hot stove behind him. The result was an elastic, stable and tough material, with countless possible uses. But Goodyear didn't profit from his discovery. The process was easily copied and he died in debt before vulcanized rubber became widely used. *(Ripley's Believe It or Not!: Book of Chance, p. 147)***

If we can be aware that anger is a common response to grief, and that we may not be angry about exactly what we think we're angry about, we may be able to express our feelings in ways that do not tear at our relationships and have us gouging at others. *(Elizabeth Harper Neeld, in Seven Choices: Finding Daylight After Loss that Shatters Your World)*

He who angers you conquers you. *(Elizabeth Kenny, Australian nurse, famous for her treatments of polio.*

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Don't take anger to heart: If you sometimes get so angry that you can feel your heart pounding in your chest, beware: It could augur a future heart attack. Yale University cardiologist Dr. Rachel Lampert performed EKG heart rhythm exams on 62 of her patients, testing their physical reactions to emotional anger. When asked to recall an angry moment, some of the patients showed irregular heart rhythms, while others’ hearts stayed steady. Years later, Lampert found, those patients whose hearts had responded strongly to anger were 10 rimes more likely to have suffered heart attacks. “Anger causes electrical changes in the heart,” she tells the Associated Press. She suggests that people with strong anger responses take anger-management courses, learn to meditate, or undergo psychotherapy. *(The Week magazine, March 13, 2009)*

**Anger linked to heart attacks: The fury that fuels road rage, heated family arguments, or work-related disputes can do more than take a toll on people's quality of life: New research suggests that such bouts of extreme anger may also increase the risk of having a heart attack. Scientists in Australia surveyed more than 300 heart attack patients about their feelings of anger prior to their hospitalization. They found that the risk of a heart attack within two hours of experiencing intense anger was 8.5 times higher than normal. Although the chance that one temper tantrum will trigger a heart attack remains low, such emotions have been shown to narrow blood vessels, promote the formation of blood clots, and increase blood pressure -- suggesting that a patient's psychological state should be considered alongside other risk factors such as smoking or high cholesterol. "People who are prone to high levels of anger," study leader Thomas Buckley tells The Sydney Morning Herald, "need to know their triggers and look for the warning signs." *(The Week magazine, March 13, 2015)***

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**Anger is a prelude to courage. *(Eric Hoffer, philosopher)***

**Anger is not only a way of expressing love, but it is also a way of being**

**honest with others. We do a good deal of shadow-boxing in our relationships. We do not let people know our true feelings, and they hide their feelings from us. It is no wonder that under such circumstances we seldom feel close to others. *(Marshall B. Hodge, in Presbyterian Life)***

**How angry I get depends partly on whose fault it was. *(Ashleigh Brilliant, in Pot-Shots)***

**You don’t have to accept the invitation to get angry. Instead, practice forgiveness, empathy, and encouragement. *(Dan Fallon)***

**A tart temper never mellows with age, and a sharp tongue is the only edged tool that grows keener with constant use. *(Washington Irving)***

**When angry, count (to) ten before you speak; if very angry. . . (a) hundred. *(Thomas Jefferson)***

Anne Sullivan took Helen Keller to a little cottage on the family’s property so she could teach her without the family’s interference. In just two weeks, Anne Sullivan taught her much about how to behave. However, when they returned to the family house, Helen continued to throw tantrums occasionally. One day, during one such tantrum, Anne Sullivan made Helen come out to the yard. While she pumped water into Helen’s hand, she spelled out “w-a-t-e-r” using a special hand alphabet. And then the miracle happened. Suddenly Helen understood. She understood that what her teacher was spelling stood for actual water. She realized words had meaning. From then on, everything changed. That day alone she learned about 30 words. *(Betty Debnam, in Rocky Mountain News)*

**What makes that killer bee so dangerous is it attacks about six times more quickly than does an ordinary bee. And it’s even more dangerous because it stays angry about 20 times longer. *(L. M. Boyd)***

**You can’t stay mad at somebody who makes you laugh. *(Country magazine)***

Daughter: “I'm sorry about all the stuff I said the other day.” Mom: “Me too. They say that if you let your anger out you’ll live longer. Which is why your grandfather is probably going to outlive all of us." *(Tom Batiuk & Chuck Ayers, in Crankshaft comic strip)*

Always write angry letters to your enemies. Never mail them*. (James Fallows, author)*

Jeffy says to his Mom: “I’m so mad at Billy, but I can’t ‘ember why!” *(Bil Keane, in The Family Circus comic strip)*

**Anger makes you smaller, while forgiveness forces you to grow beyond what you were. *(Cherie Carter-Scott)***

An angry man opens his mouth and shuts his eyes. *(Cato)*

One man says to another:"I'm sending you to anger management class so you can learn how to stop making me lose my temper." *(The American Legion magazine cartoon)*

**For every minute you are angry you lose sixty seconds of potential happiness. *(Submitted by Guideposts reader Miriam Herwig, of Randolph Center, Vermont)***

**Men who vent their anger in moderation cut in half their risk of nonfatal heart attack and significantly reduce the risk of stroke compared with men who express anger only rarely, according to a recent study, which also confirmed previous research suggesting that coronary disease is related to chronic anger. *(Psychosomatic Medicine, January/February, 2004)***

Because we are an obsessive kind of creature, it's easy for us to fixate on just about anything as the cause of our troubles. Anything will do: spouse, family, lover, boss, teacher, president, the weather, the job . . . fill in your own favorite here. We need to seek the true enemy and to expunge it and replace it with love. *(Malachy McCourt, in Harold Be Thy Name)*

ANGER is only one letter short of DANGER. *(Submitted by Guideposts reader Gail Saunders)*

**When we open to our anger, we find that it contains much more than mere aggression. Often we discover a genuine “no” that we have been afraid to acknowledge or communicate directly. Recognizing this can be a very positive step, for every genuine no also implies a genuine yes. Saying no to dishonesty, for instance, implies saying yes to truth. But when we fail to recognize our no, we usually have a hard time declaring our yes. We remain mired in a negative identity as complainer, critic, rebel or tyrant. So if a man finds himself angrily attacking his partner, he might ask himself, “What is the genuine no I am failing to see?” It might be, for example, “I don't want you to act like a little girl with me.” Acknowledging this, instead of acting out his aggression, clears the way for him to express his genuine yes: “I want to relate to you man-to-woman, in a full-bodied, powerful way.” *(John Welwood, in Love and Awakening)***

Arguing with your parents as a teenager trains you to reject peer pressure. University of Virginia researchers observed more than 150 13-year-olds as they disputed issues like grades and chores with their mothers. Checking back in with the teens several years later, they discovered that those who had argued the longest and most convincingly -- without yelling or whining -- were also 40 percent less likely to have accepted offers of drugs and alcohol than the teens who were required to simply obey their mothers. Study author Joseph P. Allen says constructive debates with parents are "a critical training ground" for independent decision-making. *(The Week magazine, December 28, 2012 - January 4, 2013)*

**If you are patient in one moment of anger, you will escape a hundred days of sorrow. *(Chinese proverb)***

**Suppose you have a quick temper. When something ignites it, hold a picture in your mind of yourself calmly extinguishing it. If you can't extinguish it, you may at least delay it, which is often the best cure for anger*. (Norman Vincent Peale)***

**Now’s your time to shine. Be confident. They want to see you angry. Be angry, but don’t let them see it. Play angry, but let them see confidence. Play angry, but let them see patience. Play angry, but let them see certainty. Play angry, but let them see determination. *(Serena Williams with Daniel Paisner, in On The Line)***

If you want to make a man angry, tell him that you are going to pray for him. *(Edgar Howe)*

On January 30, 2018, almost thirty-eight years after his conviction, Malcolm Alexander walked out of prison a free man. DNA evidence cleared Alexander, who had steadfastly maintained his innocence amid a myriad of court proceedings that were tragically unjust. An incompetent defense attorney (later disbarred), shoddy evidence, and dubious investigative tactics all put an innocent man in prison for nearly four decades. When he was finally released, however, Alexander showed immense grace. "You cannot be angry," he said. "There's not enough time to be angry. *(Winn Collier, in Our Daily Bread)*

Expressing anger is a form of public littering. *(Willard Gaylin, scientist)*

My younger brother, I explained to a friend, had quite a temper as a boy. Our parents had tried extra love, attention and patience on him, with little success. Then, in the middle of one of his tantrums, they simply handed him a shovel, pointed to the back yard and instructed him to go out and dig and not come back until he had control of his anger. “Apparently,” I said, “the therapy worked, because he’s turned out very nicely.” “What does he do for a living?” my friend asked. “He builds in-ground swimming pools.” *(Lesley Luth, in Reader’s Digest)*

Verbalizing feelings helps me to recognize and let go of anger. Just by saying “I am angry” is often the only release needed. A release from anger can come through praising God. It is impossible to praise God and remain angry at the same time. The moment I released my “right” to be angry, I felt God's peace. *(Carol Gustke)*

**Fifty-nine percent of commuters experience road rage traveling to and from work, according to a Careerbuilder.com survey. *(Money magazine, as it appeared in The Week magazine, February 2, 2007)***

**It’s one angry country: Road rage is not only more commonplace than anyone suspects -- it's not limited to the road. As many as 16 million Americans suffer from a disorder that causes them to erupt in screaming, sometimes violent outbursts at the slightest provocation, a new survey of more than 9,000 adults has concluded. Researchers say about 4 percent of the adult population has Intermittent Explosive Disorder, defined as a pattern of explosive outbursts in response to everyday frustrations. People with IED cause injury to other people and to property, most commonly in the form of road rage, acts of revenge, and domestic abuse. “They often say that their anger goes from zero to 100,” psychologist Michael McCloskey tells New Scientist. The survey found that Americans with the more extreme form of the disorder have an average of 43 explosive incidents throughout their lifetimes. “I think the new figures will be a surprise to the psychiatric community,” says researcher Jon Grant. Once people recognize that IED is a disorder, he says, more of them will get the treatment they need. *(The Week Magazine, June 23, 2006)***

**It is my rule never to lose my temper till it would be detrimental to keep it. *(Sean O’Casey, playwright)***

**Two men in a small southern town had quarreled and hadn’t spoken to each other for twenty years. One day they met on the street. One of them said, “Look here, Tom, I’m running for mayor and I don’t want you nor none of your blasted family to vote for me. Hear?” “Is that so?” the other shot back. “Well, let me tell you something. Man and boy my family has voted the straight Democratic ticket all our lives, and if you don’t like it, you can just get off the ticket!” *(Bits & Pieces)***

Medicos set 28 women to screaming. Stress therapy. Blood pressures dropped, heart beats slowed and body temperatures lowered. Conclusion was that regular screaming might lengthen life span. *(L. M. Boyd)*

It's like a sharp nail that tears the threads of something durable and lovely. We may use every bit of our patience and skill in mending it, but we cannot make it like new again. The darned place will always be conspicuous. *(Margaret E. Sangster, on losing your temper)*

If you yelled for eight years, seven months, and six days, you would have produced enough sound energy to heat one cup of coffee. *(Noel Botham, in The Book of Useless Information, p. 202)*

**Speak when you're angry, and you'll make the best speech you'll ever regret. *(Lawrence J. Peter)***

Getting angry can sometimes be like leaping into a wonderfully responsive sports car, gunning the motor, taking off at high speed, and then discovering the brakes are out of order. *(Maggie Scarf, in New York Times magazine)*

You can tell the size of a man by the size of the thing that makes him mad. *(Adlai Stevenson)*

Hagar walks into the bedroom while Helga is sleeping and notices a knight standing at the foot of the bed with his sword drawn, and Hagar says: “Tell me the truth, Helga. You're still angry with me, aren't you?” *(Dik Browne, in Hagar The Horrible comic strip)*

“People say nice things to me – like that I ought to run for President – which tells me that they like me,” said Rep. Elizabeth Holtzman of Brooklyn, New York. “But I have my own deadline for how long I should be in Washington. I think you can get accustomed to red tape and many unfair things that go on in government. Once you stop getting angry about inefficiencies, waste and injustice, you ought to get out. That’s my time limit.” *(Stan Isaacs, in Long Island, New York Newsday)*

Studies at Columbia University in New York and by Oregon State College reveal that under ordinary circumstances the average man loses his temper about six times a week, while a woman under the same conditions will lose her cool only three times a week. The research also showed that men are more likely to become angry over inanimate objects, whereas women generally hit the ceiling over other people because of a real or imagined slight*. (Bits & Pieces)*

Anger is only the symptom of the real trouble. *(Carol Gustke)*

Taming temper tantrums: There’s a rhythm to childhood temper tantrums, and understanding it can help parents know when it’s best to intervene. In a new study, researchers planted microphones in toddlers’ clothes and recorded the sounds of children made during tantrums. As expected, they heard lots of screams and yells linked to anger, and plenty of cries and whimpers expressing sadness. But they were surprised to find that the tantrums did not follow a direct path from an angry to a sad phase. “The impression that tantrums have two stages is incorrect,” Michael Potegal, a pediatric neuropsychologist at the University of Minnesota, tells NPR.org. The data show instead that sad sounds occur throughout a tantrum, punctuated by sharp peaks of anger. During a screaming burst, there’s little point in trying to comfort – let alone reason with – a child, says Potegal’s co-author James A. Green. When children are screaming and kicking, “it’s difficult for them to process information,” even if it comes in the form of a gentle question as to what’s wrong. Parents are better off waiting to offer comfort until the toddler’s sadder sounds indicate that he or she is actually seeking it. *(The Week magazine, December 23, 2011)*

Temperament is temper that is too old to spank. *(Charlotte Greenwood, actress)*

Temper is what gets most of us into trouble. Pride is what keeps us there*. (Bits & Pieces)*

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**Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured. *(Mark Twain)***

**When angry, count to four. When very angry, swear. *(Mark Twain)***

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**Men’s Health magazine recently conducted a study to determine the 100 angriest U.S. cities. So how did it figure out the level of anger in entire metropolitan areas, you may well ask. The researchers looked at factors such as the number of aggravated assaults and the prevalence of high blood pressure, as well as statistics in speeding tickets and traffic congestion. (As anyone who’s tried to drive through Washington, D.C., Los Angeles, Atlanta or Miami knows, road rage “is” real.) You might be surprised that at the top of the list (or bottom, depending on your perspective) is Orlando, Florida – home to Walt Disney World, whose current slogan is “The Happiest Celebration on Earth.” In response to the news, Orlando City Commissioner Patty Sheehan said, “Well, I’m mad as hell.” She was laughing of course. *(King Features Syndicate, 2006)***

**Your temper is one of your more valuable possessions. Don’t lose it. *(Bits & Pieces)***

**Good week for: Venting, after a San Diego entrepreneur opened a store where people can express their rage over the economic meltdown or other problems. For $10 to $50, customers can spend up to 15 minutes, smashing plates, glasses, and picture frames. “It was the best $50 we’ve spent in the last two years,” said Adam DeWitt, 29. *(The Week magazine, October 24, 2008)***

**Victorians early in the 1800s frowned upon anger, too. At least, on displays of anger in the family. Loss of temper was bad. Everybody put the lid on it, until from time to time it blew. That's when the word “tantrum” first came into popular usage. *(L. M. Boyd)***

**Woman: “I was wondering if you would sit down and watch Oprah with me today?” Man: “Are you mad at me?” *(Ted Dawson, in Spooner comic strip)***

Anger is a wind which blows out the lamp of the mind. *(Robert G. Ingersoll)*

Not the fastest horse can catch a word spoken in anger. *(Chinese proverb)*

The worst tempered people I’ve ever met were the people who knew they were wrong. *(Wilson Mizner, playwright)*

If you yelled for eight years, seven months, and six days, you’d create enough energy to heat one cup of coffee. (*Uncle John’s Bathroom Reader: Wise Up!, p. 86)*

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