

Anger Pearls of Wisdom

For every minute you are angry, you lose sixty seconds of happiness.

Ralph Waldo Emerson

Swallowing angry words is much more palatable than having to eat them afterwards...

Unknown

When angry, count to ten before you speak. If very angry, a hundred.

Thomas Jefferson

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

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

James 1:19

Have patience with all things, but mostly with yourself.

St. Francis de Sales

You cannot shake hands with a clenched fist.

Indira Ghandhi

To be wronged is nothing unless you remember it.

Confucius

Shoulds and should nots – the more you have, the angrier you will be.

Arnold & Clifford Lazarus, Ph.D.

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 – this is not easy.

Aristotle

A chip on the shoulder indicates that there is wood higher up.

Jack Herbert