

# ***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 a someone else – your 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***