

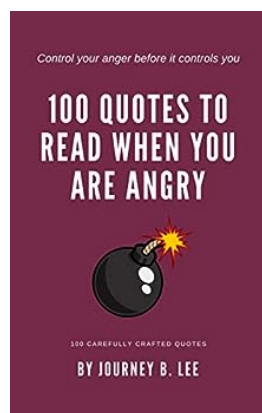
100 Quotes To Read When You Are Angry

Anger is one of the many emotions that we experience on our journey through life. It is a powerful feeling that can take control of our thoughts, actions, and relationships if not managed properly. When we find ourselves in a state of anger, it is essential to find healthy ways to release and process these emotions.

One effective method to calm down and regain control is by immersing ourselves in the wisdom and insight of others who have experienced similar feelings. Quotes have the power to inspire, motivate, and provide a fresh perspective on various aspects of life. So, here are 100 quotes to read when you find yourself angry.

Category 1: Understanding Anger

1. "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



100 Quotes To Read When You Are Angry

by Journey B. Lee (Kindle Edition)

★★★★★ 5 out of 5

Language : English

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Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 105 pages

Lending : Enabled



2. "When anger rises, think of the consequences." - Confucius
3. "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
4. "Anger and intolerance are the enemies of correct understanding." - Mahatma Gandhi
5. "Speak when you are angry, and you will make the best speech you will ever regret." - Ambrose Bierce

Category 2: Managing Anger

6. "For every minute you are angry, you lose sixty seconds of happiness." - Ralph Waldo Emerson
7. "Anger is an energy that can be used for good, but you must learn to channel it." - Eckhart Tolle
8. "The best fighter is never angry." - Lao Tzu
9. "To rule oneself, one must learn to rule their anger." - Albert Einstein
10. "The greatest remedy for anger is delay." - Thomas Paine

Category 3: Transforming Anger Into Positivity

11. "He who angers you conquers you." - Elizabeth Kenny
12. "Anger is often more harmful than the injury that caused it." - Seneca
13. "Don't let anger control you - control your anger." - Genghis Khan

14. "Let go of anger; it only serves to cloud your judgment." - Dalai Lama

15. "You will not be punished for your anger, you will be punished by your anger."
- Buddha

Category 4: Finding Peace and Forgiveness

16. "For every minute you remain angry, you give up sixty seconds of peace of mind." - Ralph Waldo Emerson

17. "The weak can never forgive. Forgiveness is the attribute of the strong." -
Mahatma Gandhi

18. "Anger and bitterness hinder growth; forgiveness frees you to move forward."
- Maya Angelou

19. "Forgiveness is unlocking the door to set someone free and realizing you
were the prisoner." - Max Lucado

20. "To be angry is to let others' mistakes punish yourself. To forgive is to release
yourself from that burden." - Buddha

Category 5: Overcoming Anger

21. "Your anger can be a gift if you use it to create positive change." - Tony
Robbins

22. "When you let go of anger, you create space for love and happiness to enter."
- Unknown

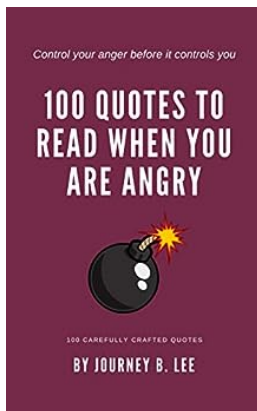
23. "Forgiveness is the final form of love's release from the past." - Karen
Salmansohn

24. "The best revenge is to be unlike him who performed the injury." - Marcus Aurelius

25. "Anger is a short madness." - Horace

These quotes provide a glimpse of the myriad perspectives and wisdom surrounding anger. By reading and contemplating these words, one can gain insight into the nature of anger and how to effectively manage and overcome it.

Remember, anger is a normal emotion, but it is essential to find healthy ways of expressing and processing it. Reading quotes can provide a temporary escape and perspective, allowing you to regain control and find peace within.



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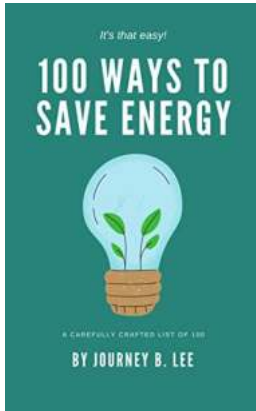
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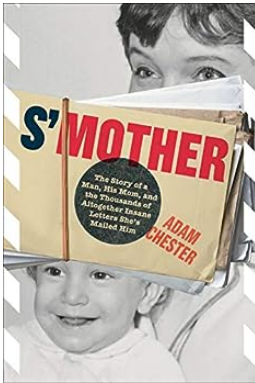


We all get angry from time to time, it's only human nature. However, some of those anger could be counter-productive. Anger makes us a bitter person, it certainly doesn't paint us in positive lights. Hence, we need to understand how to control our anger. Here are 100 quotes to read when you're angry.



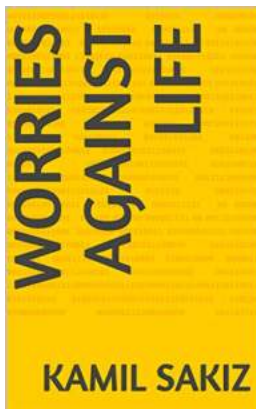
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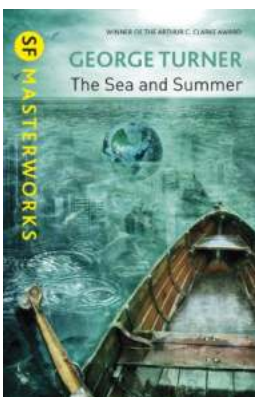
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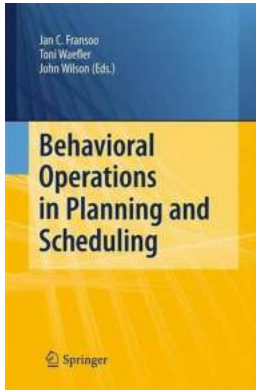
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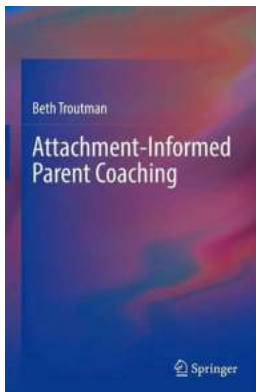
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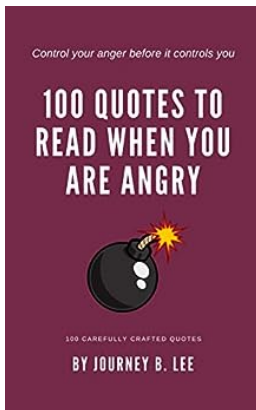
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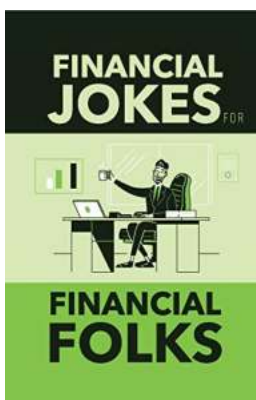
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