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It doesn't pay to say too much when you are mad enough to choke. For the word that stings the deepest is the word that is never spoke, Let the other fellow wrangle till the storm has blown away, then he'll do a heap of thinking about the things you didn't say.

-James Whitcomb Riley

The flame of anger, bright and brief, sharpens the barb of love.

-Walter Savage Landor

A wave of anger washed over me, anger against myself, at my age at the time, that stupid lyrically age, when a man is too great a riddle to himself to be interested in the riddles outside himself and when other people are mere walking mirrors in which he is amazed to find his own emotions, his own worth.

-Milan Kundera

Temper never mellows with age, and a sharp tongue is the only edged tool that grows keener with constant use.

-Washington Irving

Anger is a wind which blows out the lamp of the mind.

-Robert Green Ingersoll

Anger blows out the lamp of the mind. In the examination of a great and important question, everyone should be serene, slow-pulsed and calm.

-Robert Green Ingersoll

In a controversy the instant we feel anger we have already ceased striving for the truth, and have begun striving for ourselves.

-Thomas Carlyle

Anger ventilated often hurries towards forgiveness; anger concealed often hardens into revenge.

-Edward G. Bulwer-Lytton

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one getting burned.

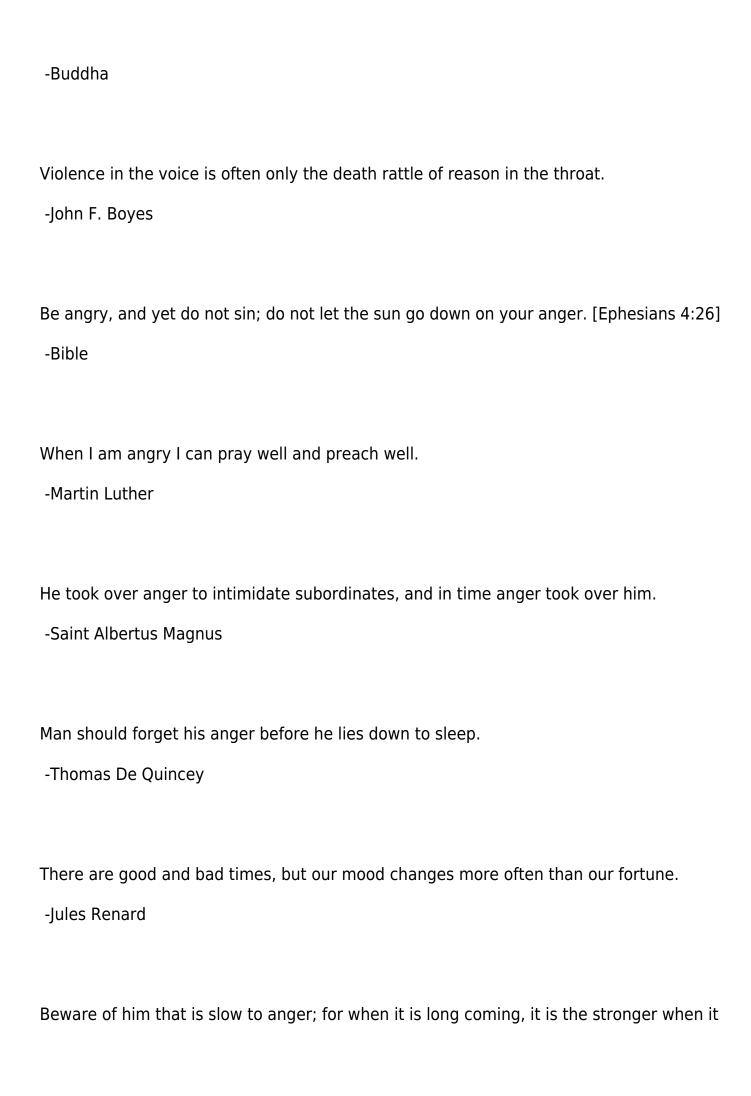
-Buddha

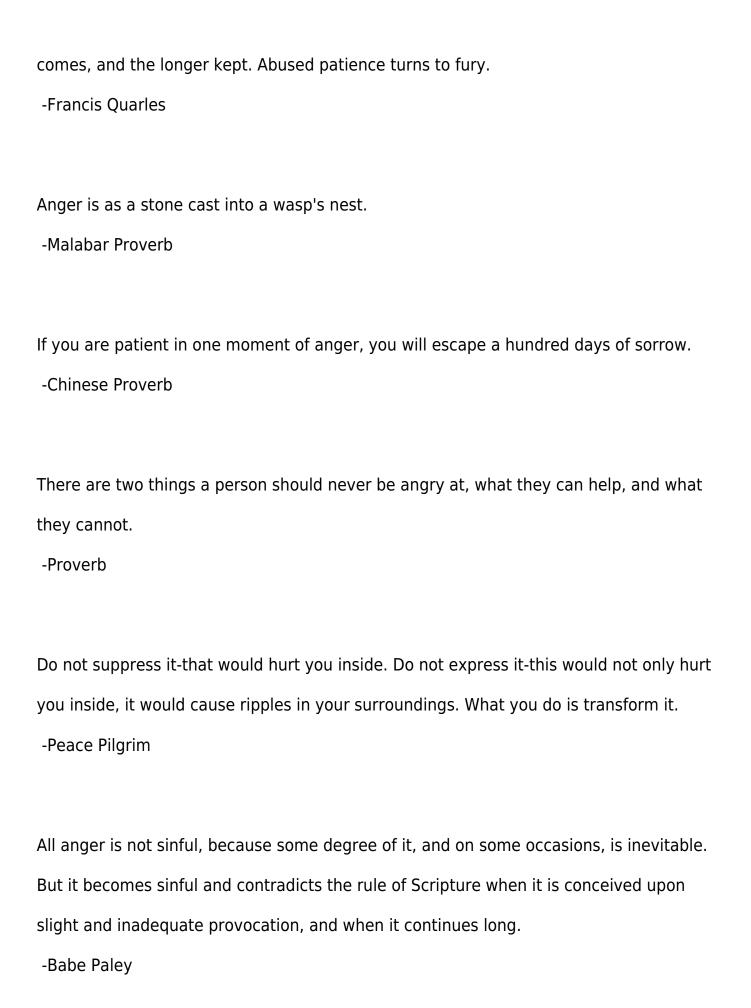
Anger will never disappear so long as thoughts of resentment are cherished in the mind.

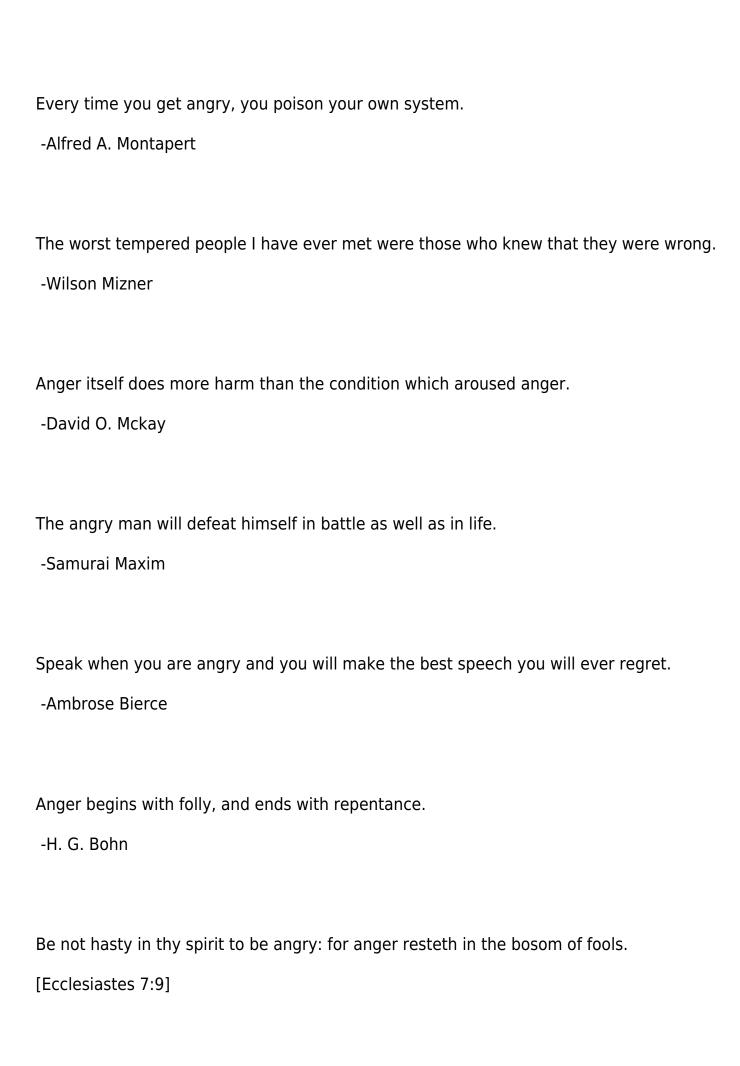
Anger will disappear just as soon as thoughts of resentment are forgotten.

-Buddha

You will not be punished for your anger, you will be punished by your anger.







-Bible

We praise a man who feels angry on the right grounds and against the right persons and also in the right manner at the right moment and for the right length of time.

-Aristotle

Consider how much more you often suffer from your anger and grief, than from those very things for which you are angry and grieved.

-Marcus Antonius

Bitterness is like cancer. It eats upon the host. But anger is like fire. It burns it all clean.

-Maya Angelou

The more anger towards the past you carry in your heart, the less capable you are of loving in the present.

-Barbara De Angelis

I used to store my anger and it affected my play. Now I get it out. I'm never rude to my playing partner. I'm very focused on the ball. Then it's over.

-Helen Alfredsson

A slight touch of friendly malice and amusement towards those we love keeps our

affections for them from turning flat.

-Logan Pearsall Smith

If you value a man's regard, strive with him. As to liking, you like your newspaper -- and despise it.

-George Bernard Shaw

Don't be afraid of showing affection. Be warm and tender, thoughtful and affectionate.

Men are more helped by sympathy than by service. Love is more than money, and a kind word will give more pleasure than a present.

-Sir John Lubbock

Talk not of wasted affection; affection never was wasted.

-Henry Wadsworth Longfellow

Affection, like melancholy, magnifies trifles; but the magnifying of the one is like looking through a telescope at heavenly objects; that of the other, like enlarging monsters with a microscope.

-Leigh Hunt

Caresses, expressions of one sort or another, are necessary to the life of the affections as leaves are to the life of a tree. If they are wholly restrained, love will die at the roots.

-Nathaniel Hawthorne

The moment we indulge our affections, the earth is metamorphosed, there is no winter and no night; all tragedies, all ennui s, vanish, all duties even.

-Ralph Waldo Emerson

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

How much more grievous are the consequences of anger than the causes of it.

-Marcus Aurelius

He that is slow to anger is better than the mighty and he that ruleth his spirit than he that taketh a city.

-Bible

It is better to dwell in the wilderness, than with a contentious and angry woman.

[Proverbs 21:19]

-Bible

Let not the sun go down upon your wrath. [Ephesians 4:26] -Bible Scornful men bring a city into a snare, but wise men turn away wrath. [Proverbs 29:8] -Bible The discretion of a man deferreth his anger; and it is his glory to pass over a transgression. [Proverbs 19:11] -Bible The words of the wicked are to lie in wait for blood, but the mouth of the upright shall deliver them. [Proverbs 12:6] -Bible A soft answer truth away wrath, but grievous words stir up anger. [Proverbs 15:1] -Bible

The continuance and frequent fits of anger produce in the soul a propensity to be angry; which oftentimes ends in choler, bitterness, and moronity, when the mid becomes ulcerated, peevish, and querulous, and is wounded by the least occurrence.

-Henry Ward Beecher

Never forget what a person says to you when they are angry.

-Henry Ward Beecher

If a man meets with injustice, it is not required that he shall not be roused to meet it; but if he is angry after he has had time to think upon it, that is sinful. The flame is not wring, but the coals are.

-Henry Ward Beecher

Temper is a weapon that we hold by the blade.

-Sir James M. Barrie

Anger makes dull men witty -- but it keeps them poor.

-Francis Bacon

The two qualities which chiefly inspire regard and affection [Are] that a thing is your own and that it is your only one.

-Aristotle

