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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.

-Buddha

Violence in the voice is often only the death rattle of reason in the throat.

-John F. Boyes

Be angry, and yet do not sin; do not let the sun go down on your anger. [Ephesians 4:26]

-Bible

When I am angry I can pray well and preach well.

-Martin Luther

He took over anger to intimidate subordinates, and in time anger took over him.

-Saint Albertus Magnus

Man should forget his anger before he lies down to sleep.

-Thomas De Quincey

There are good and bad times, but our mood changes more often than our fortune.

-Jules Renard

Beware of him that is slow to anger; for when it is long coming, it is the stronger when it

comes, and the longer kept. Abused patience turns to fury.

-Francis Quarles

Anger is as a stone cast into a wasp's nest.

-Malabar Proverb

If you are patient in one moment of anger, you will escape a hundred days of sorrow.

-Chinese Proverb

There are two things a person should never be angry at, what they can help, and what they cannot.

-Proverb

Do not suppress it-that would hurt you inside. Do not express it-this would not only hurt you inside, it would cause ripples in your surroundings. What you do is transform it.

-Peace Pilgrim

All anger is not sinful, because some degree of it, and on some occasions, is inevitable. But it becomes sinful and contradicts the rule of Scripture when it is conceived upon slight and inadequate provocation, and when it continues long.

-Babe Paley

Every time you get angry, you poison your own system.

-Alfred A. Montapert

The worst tempered people I have ever met were those who knew that they were wrong.

-Wilson Mizner

Anger itself does more harm than the condition which aroused anger.

-David O. McKay

The angry man will defeat himself in battle as well as in life.

-Samurai Maxim

Speak when you are angry and you will make the best speech you will ever regret.

-Ambrose Bierce

Anger begins with folly, and ends with repentance.

-H. G. Bohn

Be not hasty in thy spirit to be angry: for anger resteth in the bosom of fools.

[Ecclesiastes 7:9]

-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

Careses, 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 turneth 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 morosity, when the mind 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



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